WINEHOUSE AND CHILD?

SINGER REPORTEDLY PLANNED TO ADOPT

{page 15}

†THESE ARE NOT THE OFFICIAL RULES. NO PURCHASE NECESSARY. Contest closes August 28, 2011. Look inside for 1 of 10 Winning Keys for a Finalist Prize, consisting of (1) a Finalist Trip (ARV $2,620) and (2) a yearly supply of Caramilk* bars ($65) for 25 years OR cheque for $10,858.75. Odds no less than 1 in 1,630,933. Finalist has no less than a 1 in 10 chance to win up to $250,000. Must be age of majority. Skill-testing question required. Full rules at caramilk.ca or call 1-866-782-3267. Trademark, used under license.

TORONTO metro®

Tuesday, August 2, 2011
www.metronews.ca
News worth sharing.

Egypt. Tahrir Square

▶ Soldiers detain a man yesterday during an operation to clear protesters from camping out in Tahrir Square in Cairo.

THE ASSOCIATED PRESS

Sweep clears site of uprising

Hundreds of riot police, backed by armoured vehicles and soldiers swinging electrified batons and shouting the battle cry "God is great," chased off dozens of activists yesterday who had refused to end four weeks of renewed protests at Tahrir Square in Cairo to pressure the country's transitional military rulers. Many were surprised by the security sweep, especially as it came on the first day of Ramadan, the Muslim holy month of fasting that is traditionally a time of forgiveness and tolerance.

Toronto lawyer champions consumer rights

Aitken has challenged Air Canada's proposed partnership with United Continental and real estate industry's listing practices

No one in Ottawa would ever take on Bell, Rogers, huge credit card companies, Air Canada and the real estate industry all in the name of consumer protection, right?

Wrong. Canadian consumers suddenly have a new champion in the form of a courtroom litigator from Toronto named Melanie Aitken. Seizing on tough new measures against anti-competitive corporate behaviour, the 44-year-old lawyer is injecting a bit of steel in the laws meant to protect consumers and force business fairness. Company executives, often accustomed to a kid-gloves approach from the federal Competition Bureau, have been put on notice that Ottawa is ready to go to court and seek eye-popping fines to protect consumers.

The bureau broke new ground earlier this summer when Bell Canada agreed to pay a $10-million penalty and overhaul its marketing after Aitken accused the phone giant of charging higher prices than advertised on many services, including home phone, Internet, satellite TV and wireless.

Aitken's hardball approach has, not surprisingly, sparked resentment among some. A bitter dispute has emerged between realtors and Aitken over the bureau's efforts to eliminate what it says are uncompetitive practices in the real estate industry's listing services. Brokers have accused Aitken of tarnishing the industry's reputation and seeking publicity rather than a solution.

TORSTAR NEWS SERVICE

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MELANIE AITKEN

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JUL 29 – AUG 2

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2011 Dodge Grand Caravan Crew shown.§

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Dodge.ca/Offers

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More Power. Less Fuel. Great Value is a comparison between the entire current Chrysler Canada lineup and the entire 2010 Chrysler Canada lineup. Wise customers read the fine print: ❖ • ^ †† § The Hottest Long Weekend Event offers are limited time offers which apply to retail deliveries of selected new and unused models purchased between July 29 and August 2, 2011 from participating retailers. Retailer order/trade may be necessary. Offers subject to change and may be extended without notice. See participating retailer for complete details and conditions. ❖Save the Freight discount offer applies to eligible 2011 Grand Caravan SXT, Crew and all Town & Country models offered through Ontario retailers. Chrysler Canada will waive the $1,400 freight charge. While supplies last. See retailers for details. •$20,995 Purchase Price applies to 2011 Dodge Grand Caravan Canada Value Package (29E) only and includes $7,000 Consumer Cash Discount. 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Retailers may sell for less. ◆Loyalty Bonus Cash is available at participating retailers to eligible retail customers on the purchase/lease by August 2, 2011 of a new 2010/2011 Chrysler, Jeep, Dodge, Ram model (with the exception of 2010/2011 Ram 1500 Regular Cab and Ram Cab & Chassis Cab 4x2 and 4x4, 2010/2011 Dodge Caliber SE, 2010 Jeep Compass and Patriot 4x2 and 4x4, 2011 Jeep Compass and Patriot Sport 4x2 and Sport 4x4, 2010/2011 Jeep Wrangler Sport, 2010/2011 Dodge Journey SE, 2010/2011 Dodge Grand Caravan CVP and Cargo Van (C/V) and 2012 Fiat 500) and is deducted from the negotiated price after taxes. Eligible customers include those who had entered into a new Chrysler, Jeep, Dodge, Ram vehicle FinancialLinx or Gold Key Lease with a maturity date from July 1, 2011 forward. Some conditions apply. See your retailer for complete details. ◆Based on 2011 EnerGuide Fuel Consumption Guide ratings published by Natural Resources Canada. Transport Canada test methods used. Your actual fuel consumption may vary. 2011 Dodge Grand Caravan SXT – Hwy: 7.3L/100 km and City: 12.2L/100 km. 2011 Journey SE CVP & SE Plus – Hwy: 7.5L/100 km and City: 10.8L/100 km. ■Based on *Ward's* 2011 Small Van Segmentation. Excludes other Chrysler Group LLC designed and/or manufactured vehicles. ^Based on January 2010 through May 2011 R. L. Polk sales/registrations. †The Best Buy Seal is a registered trademark of Consumers Digest Communications LLC, used under license. ~SIRIUS and the dog logo are registered trademarks of SIRIUS Satellite Radio Inc. ~Jeep is a registered trademark of Chrysler Group LLC. Customer Choice Financing is a trademark of Chrysler Group LLC.

Ready. Aim...

▶ A six-pound gun is fired off on the parade grounds.

RICHARD LAUTENS/TORSTAR NEWS SERVICE

Fort York hosts Simcoe Day festivities

Hundreds came out to Fort York yesterday to celebrate Simcoe Day. It was a fitting location as it is really the birthplace of Toronto. The fort hosted various events including historical speeches, cannon and musket demonstrations, marching drills, cooking demonstrations as well as a dance.

Reunification dream in limbo

Civil war caused father to be separated from family since 1999 Permanent resident visas issued to Toronto man's five children expire Oct. 27 Can't afford to fly them to Canada

Emmanuel Koroma is running out of time to get his five children to join him in Canada.

Separated from them since 1999 by the Sierra Leone civil war, the Toronto man got help from displaced countrymen across Africa and finally located his wife and five children in Lagos, Nigeria, six years ago.

In May, when his children — Godfrey, 23, Stanley, 20, Lawrence, 17, Sandra, 16, and Junior, 13 — got their immigrant visas to finally join him in Canada, he was over the moon. (His wife, Juliet, is still awaiting her visa.)

However, with a monthly income of $1,050 on disability assistance, Koroma can't afford to pay the $8,000 airfare to get his children out of Nigeria.

"Whenever I talk to my kids on the phone, they always ask when they can join me," said Koroma, 44, whose hearing was impaired by the war. "They say they will go to work after school to make money to pay back the fare."

Koroma, who ran a small grocery store in Freetown, worked in Toronto factories until 2007, when a heart

TORSTAR NEWS SERVICE

▶ Emmanuel Koroma

condition and back pains — from the alleged injuries he suffered at the hands of rebel groups — became too much to bear. He is still on medication for those problems. He tried to borrow money from friends with no success and requests for bank loans have been declined.

With help from his local MP, he applied for a transportation loan from Citizenship and Immigration Canada. That request was recently denied.

"You have demonstrated the need for a loan, but presently we have concerns about your ability or potential ability to repay the loan," an immigration officer wrote.

"The money allocated in your budget for food, transportation and accommodation will increase significantly once your family arrives — at which point I am not satisfied that you would be able to repay this loan."

Koroma's settlement worker has contacted different charity groups, but no one is able to help.

"Because these children are not refugees anymore, they can't be sponsored to Canada under any resettlement program. Charitable groups don't have money for this kind of situation," said the settlement worker, who asked not to be identified.

TORSTAR NEWS SERVICE

1 news

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On the web at metronews.ca

The past decade has been good to a key player in former Alberta premier Ralph Klein's infamous 2001 visit to a shelter. Video at metronews.ca

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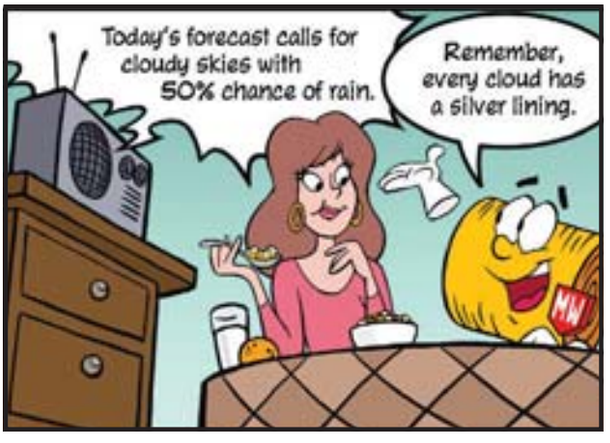

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Venturing towards positive change

A new Toronto-based Social Venture Exchange aims to link investors to enterprises improving the social and environmental landscape

So many social and environmental problems. So little money.

That is the challenge facing groups and individuals dedicated to tackling climate change and entrenched poverty at a time when governments are feeling constrained by public debt and rising deficits.

Enter the Social Venture Exchange (SVX), a concept similar to the Toronto Stock Exchange, designed to connect socially minded investors with social or environmental ventures making a positive impact in their communities.

"The idea is to mobilize private capital for public good within a strong public policy environment," says Adam Spence, who developed the concept in 2007 when he was head of the Ontario Association of Food Banks. Since 2009, Spence has been leading the effort at Toronto's MaRs Centre for Social Innovation Generation.

"The goal is not to replace government funding, but to grow the pool of capital available to support more social and environmental enterprise," he says.

The concept, endorsed by the province in its 2008 Poverty Reduction Strategy, began as a pilot project last fall with $109,000 from the provincial research and innovation ministry. The TMX Group Inc. (owners of the Toronto Stock Exchange) are collaborating on the initiative with the support of Torys LLP, Causeway Social Finance, Imagine Canada, and others.

Subject to approval by the Ontario Securities Commission, the project is set to launch online at the end of September.

The short-term goal is to raise at least $2.5 million for 10 new social ventures and list at least 50 investment opportunities by September 2012.

The exchange will allow investors to share due diligence, collaborate on deals and identify high quality, pre-screened, investment opportunities and ventures, says Kevin Doyle, director of corporate strategy for the TMX Group and a key player in the project.

TORSTAR NEWS SERVICE

Tiffinday

- **Vegetarian lunches** Tiffinday, a company that delivers about 150 vegetarian Indian lunches a week to workplaces in downtown Toronto, hopes to list on the Social Venture Exchange to raise capital to grow to 100 lunches a day and eventually franchise to other communities.
- **Groups** The for-profit venture is eligible to invest in because most employees and contractors come from socially disadvantaged groups.

RICHARD LAUTENS/TORSTAR NEWS SERVICE

▶ Adam Spence, left, of Social Venture Exchange with Kevin Doyle, director of corporate strategy for TMX Group, at Toronto's MaRs Centre. Making money while doing good is the premise behind the Social Venture Exchange, an idea similar to the Toronto Stock Exchange.

Chaotic utility work messes up good streets

In 2010, the city received 800 requests from utility companies to cut into freshly repaved streets where construction was supposed to be banned for five years.

Whenever a Toronto street undergoes major roadwork, it's put on a construction moratorium list.

But too often a lack of communication, consequences and project coordination means utility companies are tearing up streets that have just been redone, says public works and infrastructure chair Denzil Minnan-Wong.

The result is both an expensive eyesore and a nuisance for drivers, who are left with further traffic delays.

Of the 800 applications received last year, city staff rejected 478. Work that was approved entailed addressing immediate safety concerns or providing service to new developments.

Gord MacMillan, director of design and construction with Technical Services, said the city is "paying closer attention" to applications claiming emergency work needs to be done.

But for many at City Hall, the number is still too high.

Last Friday, Mayor Rob Ford said people tell him "smooth" roads are one of the city's most important services, alongside safety and garbage pickup.

Achieving that goal is a priority for the mayor and an issue the public works committee will be tackling in the coming months, said Minnan-Wong.

"Once we complete a project (the city and utility companies) are barred from tearing up a road for a number of years. But you see it all over the city — new streets with cuts in them." TORSTAR NEWS SERVICE

COLIN MCCONNELL/TORSTAR NEWS SERVICE

▶ Denzil Minnan-Wong

CN Tower's EdgeWalk now open

The CN Tower's latest attraction, which allows daredevils to take a stroll 356 metres up in the air, has opened to the public.

EdgeWalk lets thrill-seekers take a hands-free walk along a 1.5-metre-wide ledge around the top of the tower's main pod.

Walkers get suited up in fire engine red jumpsuits and yellow harnesses and venture out in groups of six to eight for a stunning, open-air view of Toronto and Lake Ontario.

Safety harnesses and industrial-strength cables attach walkers to an overhead rail, allowing them to lean off the edge of the platform.

THE CANADIAN PRESS

CONTRIBUTED

▶ CN Tower's EdgeWalk.

Prominent city hotel faces the twilight

Toronto's Four Seasons Hotel has been home to movie stars and kings.

But it will be the end of a storied era when the Yorkville institution, long considered the city's most prominent luxury hotel, moves house next year.

Sources say the hotel will officially close March 28, 2012. TORSTAR NEWS SERVICE

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Ramadan in Syria off to violent start

Sunday's crackdown left 74 dead
55 of them from Hama and area

Anti-government protesters in the Syrian city of Hama set up barricades and took up sticks and stones to defend themselves yesterday after one of the bloodiest days so far in the regime's campaign to quell an uprising now in its fifth month.

The protesters vowed not to allow a repeat of 1982, when thousands of people were killed in Hama after President Bashar Assad's father and predecessor ordered a massacre.

Syrian troops, backed by tanks, renewed shelling of Hama for a second day in an attempt to subdue the city. Six people were killed across Syria, four of them in Hama, residents and rights groups said.

The current crackdown appears aimed at preventing the protests from swelling during the Muslim holy month of Ramadan, which started yesterday. Muslims throng mosques during Ramadan for special nighttime prayers after breaking their daily dawn-to-dusk fast. The gatherings could trigger intense protests throughout the country.

THE ASSOCIATED PRESS

Courts. Anthony

▶ Casey Anthony leaves the Orange County Jail after she was acquitted of murdering her daughter, Caylee Anthony, on July 17 in Orlando, Fla.

RED HUBER/GETTY IMAGES

Casey may come out of hiding

Casey Anthony, whose whereabouts have been a secret since her acquittal, may have to report to a probation officer this week under a judge's order yesterday in a case against her for fraudulent cheque writing.

U.S. House passes debt-ceiling deal

RON EDMONDS/THE ASSOCIATED PRESS

▶ Obama

The Republican-controlled House of Representatives passed debt-limit legislation last night after a bitter fight, preventing a U.S. default on obligations but at a cost of deep cuts in government spending.

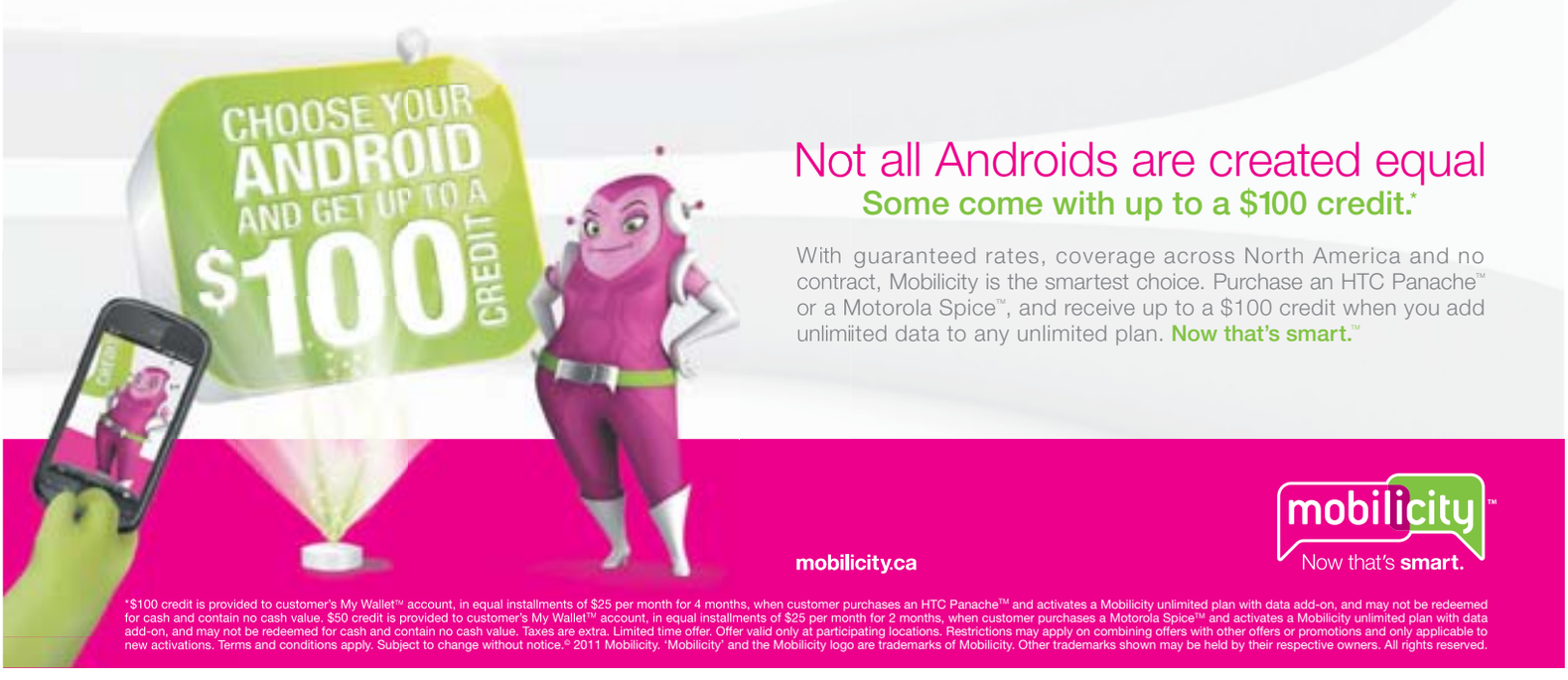
The measure still must gain approval in the Senate before it goes to the White House where President Barack Obama has promised to sign it into law. It passed the House 269-161. Passage in the Senate was seen as nearly certain. The upper chamber was slated to vote on it at noon today, hours before the midnight deadline for lifting the $14.3 trillion US cap on U.S. borrowing. THE ASSOCIATED PRESS

News Corp. email purge investigated

News International asked to delete a large number of emails from its system on nine occasions in the past 15 months, a technology firm told British lawmakers probing phone-hacking allegations yesterday.

India-based HCL Technologies said that it noticed nothing "abnormal or untoward" about the requests by the British newspaper arm of Rupert Murdoch's News Corp.

THE ASSOCIATED PRESS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672 Gerrard St E
1394 Gerrard St E
439 Parliament St
1484 Queen St W
1887 Queen St E
1267 St Clair Ave W
542 Yonge St

Mississauga
888 Dundas St E, Unit B2-3
7205 Goreway Dr (Westwood Mall)
2550 Hurontario St
3415 Dixie Rd, Unit 4 (High Point Mall)

Brampton
252 Queen St E
1 Bartley Bull Pkwy, Unit 25
370 Main St N (Kingspoint Plaza)
499 Main St S (Shoppers World)

Etobicoke
2528 Finch Ave W, Unit 17B
2456 Lakeshore Ave W
30A Rexdale Blvd
680 Rexdale Blvd, Unit 4
2032 Weston Rd

Woodbridge
5308 Hwy 7, Unit 5

North York
2111 Jane St, Unit 6
1343 Lawrence Ave W
1030 Sheppard Ave W, Unit 3
6026 Yonge St
6464 Yonge St (Centrepoint Mall)

Markham
4300 Steeles Ave E (Pacific Mall)

Scarborough
250 Alton Towers Circle, Unit C04A
2950 Birchmount Rd, Unit 5B
655 Victoria Park Ave, Unit 2
2375 Eglinton Ave E
1885 Kennedy Rd
4320 Kingston Rd
4002 Sheppard Ave E, Unit 105A
5981 Steeles Ave E, Unit 106
85 Ellesmere Rd (Parkway Mall)
2900 Warden Ave (Bridlewood Mall)

Mobilicity In-Store Kiosk at Zellers

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Mississauga Square One
Centrepoint Mall
Lawrence Square
Bridlewood Mall
Shoppers World Danforth
50 Thermos Rd
Cedarbrae Mall

Lawyer up your ex

Unrepresented spouses bump fees of divorce clients, lawyers tell survey

Ontarians fighting divorce and custody battles face higher legal expenses if their spouse goes without a lawyer, a new study finds.

Hundreds of family-law lawyers surveyed in late June said they have to spend more time documenting discussions with an unrepresented opponent than they would if they were dealing with another lawyer because there is greater potential for misunderstanding.

That extra time drives up costs for their clients.

The vast majority of the 325 lawyers who responded to the online survey also said that reaching an out-of-court settlement is more difficult in these cases because unrepresented parties tend to have unrealistic expectations, which drags out litigation.

"The costs to the represented party unquestionably increase because the process goes more slowly," said Nicholas Bala, a Queen's University law professor who conducted the research with Rachel Birnbaum, a social work professor at the University of Western Ontario.

They believe it's the first survey of its kind.

TORSTAR NEWS SERVICE

Survey says

- Research suggests more than 50 per cent of litigants reluctantly represent themselves in family law cases, others choose to represent themselves.
- Almost half the lawyers who responded say their unrepresented opponents routinely turn to them for information and advice.

Writ. In Stone

▶ Ryan Gullen, right, and Leot Hansen of The Sheepdogs, impressed fans at Edgefest in Downsview Park, July 9.

KEITH BEATY/TORSTAR NEWS SERVICE

Putting on the 'Dogs

Rolling Stone announced yesterday that The Sheepdogs won the magazine's first-ever Do You Wanna Be A Rock & Roll Star? competition, as chosen by consumer votes. The Canadian quartet from Saskatoon will be the first band or artist not signed with a major label to be on the cover of Rolling Stone. Along with appearing on the August 18 issue, The Sheepdogs also landed a recording contract with Atlantic Records and will perform on Late Night with Jimmy Fallon tonight. They are back in Toronto for the Festival of Beers on Aug. 7.

Spilling the beams in Montreal

One day after a massive concrete slab slammed onto a major Montreal expressway, transport officials have knocked down another unstable beam in the same tunnel.

A 15-metre-long concrete slab dropped Sunday from the ceiling of a tunnel along the city's downtown Ville-Marie expressway.

THE CANADIAN PRESS

Crumbling roads

- There were no injuries as Sunday morning's collapse came during a quiet period along the normally busy stretch of highway.
- Transport officials later noticed another unsteady concrete beam in the tunnel and used a crane to rip it down.
- A spokeswoman for the provincial Transport Department says workers are now trying to stabilize a third beam.

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HEALTH CARE

Insurers in U.S. to pay for birth control

U.S. Health insurance plans must cover birth control as preventive care for women, with no copays, U.S. President Obama's administration said yesterday in a decision with far-reaching implications for health care as well as social mores.

The requirement is part of a broad expansion of coverage for women's preventive care under the U.S. President's health care law.

Also to be covered without copays are breast pumps for nursing mothers, an annual "well-woman" physical, screening for the virus that causes cervical cancer and for diabetes during pregnancy, counselling on domestic violence, and other services.

THE ASSOCIATED PRESS

A contest that's out of this world

Organizers celebrating the 50th anniversary of Seattle's iconic Space Needle started a contest yesterday to send a member of the public on a short ride into space.

THE ASSOCIATED PRESS

Chavez grinning after chemotherapy

Venezuelan President Hugo Chavez appeared with his head almost shaved yesterday. He joked about his appearance, saying his hair has begun to fall out due to cancer treatment.

THE ASSOCIATED PRESS

Silk Road city on edge

KYODO NEWS/THE ASSOCIATED PRESS

▶ Armed members of Chinese Special Police Corps stand guard yesterday near the site of Sunday's attack in Kashgar in China's far-western Xinjiang Uygur Autonomous Region.

Region under tight watch since '09, when nearly 200 died in clashes

China yesterday blamed Muslim extremists trained in Pakistan for launching one of two deadly weekend attacks in a troubled far western region, while overseas activists feared the government could respond by cracking down on ethnic Uighurs widely blamed for the unrest.

Sunday's attack left 13 dead, including seven suspected assailants, in the Silk Road city of Kashgar. Clashes a day earlier in the city killed seven, including one of two men who allegedly hijacked a truck and rammed it into a crowd.

The weekend violence raised tensions across the Xinjiang region on China's western frontier, where in 2009 almost 200 people were killed in fighting between Han Chinese and minority Uighurs, a largely Muslim ethnic group that sees Xinjiang as its homeland.

The German-based World Uyghur Congress said it feared the violence could prompt a government crackdown on Uighurs still blamed for the unrest two years ago.

The city said yesterday an initial investigation showed members of the group allegedly behind Sunday's attack had been trained in Pakistani camps run by the banned East Turkestan Islamic Movement, a militant group advocating independence for Xinjiang. It offered no proof in the statement on its website. THE ASSOCIATED PRESS

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Cottage Vacations

Muskoka 2 Nights $124◊
Residence Inn By Marriott Muskoka Wharf taxes & fees included
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Haliburton Highlands 2 Nights 4-Star $89◊
Pinestone Resort taxes & fees included
INCLUDES accom in the Halliburton Highlands. Price is per person based on a family of 4. Travel Aug 15 - Sep 15/ggv. ADD 2-day economy car rental with unlimited mileage for $18 per day.

Kawarthas 3 Nights $384◊
Elmhirst Resort taxes & fees included
INCLUDES lakeview, self-catering cottage accom with private dock on Rice Lake in the Kawarthas. Boat rentals available. Price is per person based on a family of 4. Travel Aug 1 - 20/ggv.

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Montreal Weekend, 3 Nights $239
Holiday Inn Montreal Midtown taxes & fees included
INCLUDES central accom near Place des Arts & Old Montreal. Travel Aug 25/ggv.

USA

Orlando Family Special Air + 7 Nights $99◊
Champions World Resort + taxes & fees $277
INCLUDES accom near theme parks. Price per person is based on family of 4. Departs Sep 8/ggv/ts. ADD 4-day *Walt Disney World* Resort *Magic Your Way* Base Ticket for $241 adult and $222 child ages 3-9.

Las Vegas Air + 4 Nights $255
Imperial Palace + taxes & fees $307
INCLUDES accom on the Strip. Departs Sep 18/swg/wg. UPGRADE to 4-star Luxor for $15 per night.

Phoenix Air + 3 Nights $469
Point Hilton Squaw Peak Resort + taxes & fees $125
INCLUDES accom in the Phoenix North mountains. Departs Oct 9, 16, 23/ggv/co. UPGRADE to 4-star Arizona Biltmore Resort and Spa for $41 per night.

New York City Air + 2 Nights $495
Manhattan at Times Square + taxes & fees $102
INCLUDES Manhattan accom. Departs Aug 8, 15/ggv/dl. UPGRADE to 4-star Renaissance NY Times Square for $44 per night.

San Francisco Air + 3 Nights $609
Renoir Hotel + taxes & fees $129
INCLUDES theater district accom. Departs Sep 13, 20, 27/ggv/ws. ADD Golden Gate bay cruise for $18.

Europe

Rome Air + First 2 Nights 4-Star $469
H10 Roma Citta + taxes & fees $429
INCLUDES Marconi accom. Departs Aug 6/vat/ts. ADD Angels and Demons Tour for $89.

London Air + First 2 Nights $313
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INCLUDES Kensington South accom. Departs Sep 8/vat/ts. ADD Explore London walking pass for $21.

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TICO

Restaurants dodge dues, taxman finds

Fraud suspected in 34% of all sales systems checked

A third of Canada's restaurants may be ripping off the taxman by using sophisticated "zapper" programs and other software to hide their sales.

The Canada Revenue Agency has found an estimated $141 million in phantom sales that were deliberately erased in electronic cash registers to dodge taxes.

The widespread fraud was uncovered in a three-year pilot project that analyzed electronic sales data at 424 establishments to find faint traces of sales that were wiped clean. A team of 14 data specialists discovered at least 143 cases of suspected fraud, each with an average of $1 million in hidden sales.

The pilot project was originally scheduled to run only two years. But the work was extended by an additional year, to March 31 this year, after the potential tax losses from the electronic suppression of sales were deemed "significant."

The fraud has been detected so far only in the food-and-beverage sector, as well as at one grocery store in Quebec. The tax dodge usually — but not always — involves hard-to-trace cash transactions.

Restaurants that want to cheat often buy software with built-in hidden features, called "phantom-ware," that can remove sales data. Or they use stand-alone software — "zappers" — on a thumb-drive or CD that does the same work.

THE CANADIAN PRESS

Market moment

PRICES AS OF 5 P.M. YESTERDAY

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HEY — CAN I GET YOUR NUMBER?

SHE SAYS ...

JESSICA NAPIER
METRO

Last week, the popular men's lifestyle website Ask Men released the results of their fourth annual Great Male Survey.

The not-so-scientific study polled men in Canada, the U.S., Britain and Australia on various topics relating to sex, dating and relationships. The responses ranged from the predictable to the cringeworthy. Let's take a look at how our Canadian guys answered:

The Good: Thirty-eight per cent think having a family is the ultimate male status symbol. Family values beat out all other signs of manhood including a high-profile career, beautiful girlfriend and a hot car.

The Bad: Fifty per cent would dump a girlfriend if she became fat.

The Ugly: When asked, "At what point does a woman become sexually promiscuous?" Forty-one per cent answered, "When she sleeps with her 10th sex partner."

"Notably (although, not surprisingly), the survey didn't pose the same question for the men. From this glaring absence we can assume that Ask Men didn't think it necessary to make an inquiry regarding the numerical value of a man's promiscuity... "

Is this where we're at, everyone? Sleeping with 10 people earns you a scarlet letter P? I guess women should be empowered to enjoy their sexuality ... but just not too much.

Notably (although, not surprisingly), the survey didn't pose the same question for the men. From this glaring absence we can assume that Ask Men didn't think it necessary to make an inquiry regarding the numerical value of a man's promiscuity (insert exaggerated eye roll). As much as I'd love to get into the double-standard argument, I'll skip the "why do we call women sluts while men get called studs?" speech for now.

Having the sexual-history talk with a new partner is a pretty awkward minefield. According to Ask Men, almost half of the Canadian men polled have lied about their number — either inflating or downplaying the total to protect their privacy, their ego or their partner's feelings.

The "how many is too many?" question comes up again in the soon-to-be released romantic comedy What's Your Number? In the film, the female lead spends 90 minutes trying to hook up with her ex-boyfriends in order to avoid making a new notch on her bedpost. This time around we're given a bit more leeway with 20 being the magic "too many" number, but the message is the same: For women, there is a limit when it comes to sexual encounters.

I have a lot of trouble with this need to classify people (both women and men) as promiscuous or prudish based on a number. Shouldn't we be taking into account age, lifestyle, religion, cultural background and a variety of other factors? That being said, should we even be trying to quantify sexuality at all?

Read more of Jessica Napier's columns at metronews.ca/shesays

Summer camp spells fun at Greenwood school

NEWS WORTH SHARING

Media will always have to report on the tough stuff. But we know that Canada is full of compassionate individuals, inspiring projects and stories worth celebrating. Here's just one.

This past month, Toronto kids from at-risk neighbourhoods had a one-of-a-kind summer day camp experience.

Run by teachers and Grade 12 students from Greenwood College School, the Connections program helps kids in Grades 2-4 maintain their reading and writing skills over summer break.

"From what I have been told by many of their teachers, without camp, these students would spend most of their summers at home watching TV, playing video games or in their community," says the program's Erin Porter.

Thanks to Connections, campers are fully subsidized in a safe, educational and inspirational month of art, science, field trips around the city and — most importantly — fun at summer camp.

CRAIG AND MARC KIELBURGER

Help the good news get around. Send your stories of local heroes and positive action to goodnews@metowe.com and we will share them right here.

Letters & Tweets

I'm afraid I have to shock everyone who supports the arts by speaking in defence of Mr. Doug Ford and his curious views of the arts and doughnut shops.

You have to take his comments in context, because Mr. Ford, like his brother, is an eminently practical man. In his world, anything depends on how useful or not useful it happens to be. For example, a social housing unit can be sold because it brings you money at the cost of an eviction. A doughnut shop is useful for eating and drinking, but is still only somewhat more useful than a library — or more like a fridge, and besides, libraries are for nerds. Novelists aren't useful because they talk too much and embarrass eminently practical politicians. And culture? Not for the Brothers Ford — culture is the epitome of intellectualism — something to destroy.

CHRISTOPHER MANSOUR
TORONTO

▶ **@CorComm:** @europublishing @MargaretAtwood "If you want to get laid, go to college; if you want to get educated, go to the library" Frank Zappa

Cartoon by Michael de Adder

WEIRD NEWS

Police vehicle confused with batmobile?

Pittsburgh police say a man tried to carjack a plainclothes officer near the filming for the latest Batman movie — and allegedly told him it was part of the script.

Det. Robert DiGiacomo was in an unmarked vehicle around 7:15 p.m. Saturday, looking for a suspect in an assault.

That's when police say a man opened the car door, sat down and told the officer to get out.

The officer drew his gun and ordered the suspect, 21-year-old Micah Calamosca, out of the car.

He says the suspect told him he was part of filming for The Dark Knight Rises and that taking the vehicle was in the script.

Calamosca was taken into custody and faces a charge of robbery of a motor vehicle. THE ASSOCIATED PRESS

MARK ANDERSON/FLICKR

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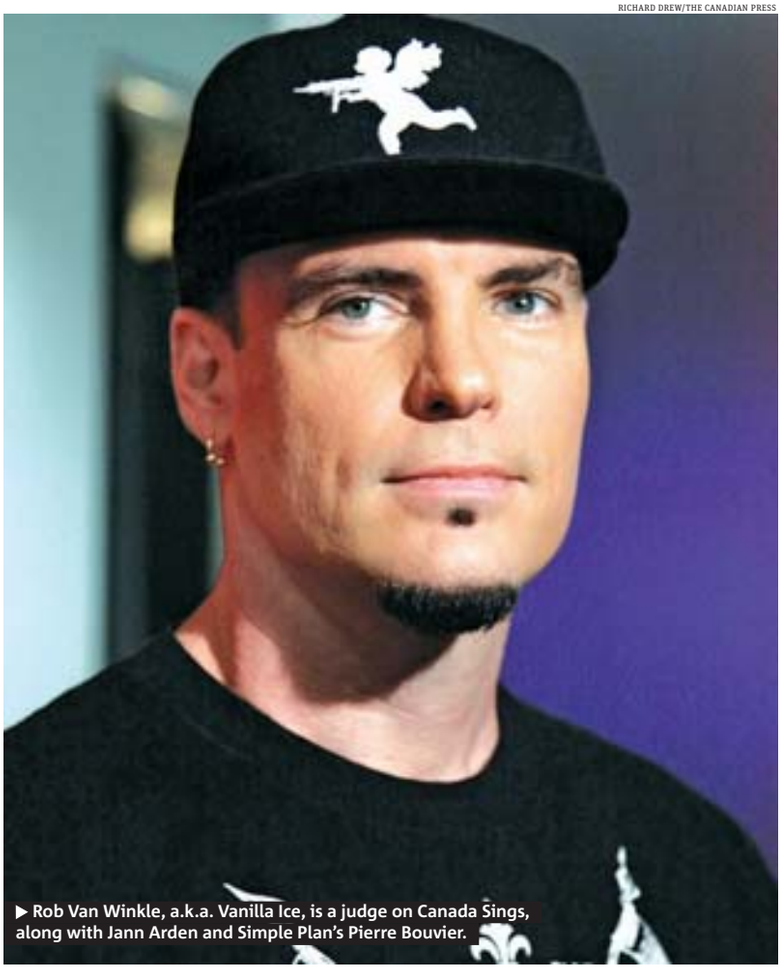
Not just another Idol

Canada Sings features ordinary workers performing Glee-level routines Judge Vanilla Ice sees a lot of untapped talent on new show

RICHARD DREW/THE CANADIAN PRESS



▶ Rob Van Winkle, a.k.a. Vanilla Ice, is a judge on Canada Sings, along with Jann Arden and Simple Plan's Pierre Bouvier.

Rob Van Winkle wants you to know that Canada Sings is not just another American Idol wannabe.

The 43-year-old singer and handyman, a.k.a. Vanilla Ice, joins Jann Arden and Simple Plan's Pierre Bouvier as judges on Canada Sings, which launches Aug. 3 on Global.

"We all know the impact American Idol has had all over the world, but this is a completely different show, very heartfelt," says Van Winkle. "To see some of these people get over their personal hurdles, it's very inspiring and uplifting."

While it seems like there is a different star search show launching every other week on TV, Canadians can't seem to get enough of them.

The Voice, America's Got Talent and So You Think You Can Dance Canada are among the biggest hits of the spring and summer. More talent shows are on the way, including the City spin-off Canada's Got Talent, the CBC's upcoming Cover Me Canada and Simon Cowell's highly-anticipated follow-up to American Idol, The X Factor.

Canada Sings, however, is different from the rest. While it shares the familiar three-judge format and there is prize money (a modest, even by Canadian standards, $10,000 to charity), the show plays more like Undercover Boss than Canadian Idol.

After a six-month search, 12 teams of ordinary workers were chosen for the competition. Each of the six episodes features two teams going through an intense, week-long rehearsal led by choreographers Kelly Konno and Christian Vincent and vocal coaches Scott Henderson and Sharron Matthews.

Then, these collections of more-or-less amateur entertainers are thrust onto a stage where they are expected to perform a Glee-level song and dance routine.

The first episode features a crew of blue collar, junk-hauling West Coasters from 1-800-GOT JUNK versus The Zooper Stars, 12 animal lovers from the Toronto Zoo's Animal Health Care Centre. Much of each episode is spent getting to know these folks.

"We found, as we were shooting and editing, that this show really told us what it was about," says executive producer John Brunton, who has the talent search format down cold after producing Canadian Idol and Battle of the Blades.

Brunton says Canadians will relate to and might even fall in love with characters from the singing teams. Unlike Battle of the Blades, a huge hit in Canada but a harder sell internationally, Brunton sees all kinds of potential to export the Canada Sings workplace talent format around the world.

Then there are the endless built-in product placement opportunities. As on Undercover Boss, there are moments when Canada Sings borders on being an infomercial. The Toronto gang from the Keg Steakhouse and Bar, for example, should all get bonuses, and Air Canada and GoodLife Fitness are probably down with their employees getting national network face time.

Van Winkle says viewers should try and get past that skepticism and just embrace the positive aspects of the series.

THE CANADIAN PRESS

Bringing Broadway to SYTYCD

THE CANADIAN PRESS

▶ Sergio Trujillo

He's danced with Michael Jackson and choreographed hit stage shows, but Toronto-raised Sergio Trujillo says there's something exceptional about creating routines for So You Think You Can Dance Canada.

"The thing that I love the most about it is the freedom," Trujillo said in a recent phone interview, noting producer Sandra Faire never turns down his concepts or ideas.

"Also in terms of what I do — I do so much theatre, it's all Broadway-based, and television is different. You can sort of break the rules a little bit on television.

"Kids nowadays expect bigger, quicker, faster — and so the challenge for me is: how can I create a number that is more interesting, that is more diverse, that is more unique than the last time that I choreographed a number?"

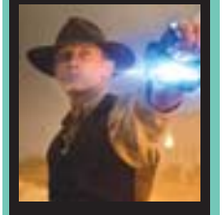
Last week, Trujillo — choreographer of lauded musicals including Jersey Boys, Memphis, Next to Normal and The Addams Family — created a Cirque-du-Soleil-meets-Argentinian-tango group number for Dance Canada.

Yesterday he was a guest judge on the show, which is down to the Top 16 after last week's elimination of Toronto's Dwayne (Boneless) Gulston and Teya Wild of North Vancouver, B.C.

Trujillo was first discovered in the 1980s by Jackson's longtime choreographer, Michael Peters, during an audition in Toronto. Now that he's made his mark on Broadway, he wants to inspire the hopefuls of Dance Canada. THE CANADIAN PRESS

2 scene

Box office



Little blue Smurfs and not-so-little green men from space are in a photo finish for the No. 1 spot at the weekend box office.

According to studio estimates yesterday, Daniel Craig and Harrison Ford's sci-fi Western Cowboys & Aliens and the animated family adventure The Smurfs both opened with $36.2 million.

The previous weekend's top movie, Captain America: The First Avenger, slipped to No. 3 with $24.9 million and raised its domestic total to $116.8 million.

Harry Potter and the Deathly Hallows: Part 2 pulled in $21.9 million to become the franchise's top-grossing chapter at $318.5 million domestically.

THE ASSOCIATED PRESS

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DVD Releases

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Rio
Genre: Animated
Director: Carlos Saldanha
Stars: Jesse Eisenberg, Anne Hathaway, George Lopez

Rio is like a samba act you wouldn't be caught dead listening to at home, but quite enjoy on vacation, especially with a tropical drink in hand.

This bird-brained tale is dim of plot but bright of illumination and animation, a rare example where 3D actually enhances the experience — although it will play just as well on the 2D screens in most homes.

The voicing isn't as colourful, at least for the main avian characters Blu and Jewel, played by Jesse Eisenberg and Anne Hathaway. But there's no reason to squawk too loudly about the film, which is made by the same people behind the profitable Ice Age franchise.

Blu is a rare Brazilian macaw living in snowy Minnesota with his bookish owner Linda (Leslie Mann). He's so tame (read: American) that he's never learned to fly.

His female counterpart Jewel still resides in her native Brazil — Rio de Janeiro to be exact. She lives with ornithologist Tulio (Rodrigo Santoro), who has come to an important realization: these birds must mate or their breed will die.

Blu is zipped down to Rio, but his lack of both air and street smarts, as well as the threat of avian poachers looking for payback and a fast pay day, make this more than just an amorous adventure.

A menagerie of comic voices keep feathers happily flapping. Extras include a deleted scene as well as making-of featurettes.

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Was singer preparing to become a mother?

The late Amy Winehouse was reportedly in the final stages of adopting a young girl from St. Lucia before she passed away in London last week

ALL PHOTOS GETTY IMAGES

Before her death, Amy Winehouse was reportedly in the process of adopting a 10-year-old girl from St. Lucia, where she'd spent much of 2009, according to the Daily Mirror.

"Amy was already my mother," the girl, Dannika Augustine, says. "I would call her Mum, and she would call me her daughter. She took care of me, and we had fun together. I loved her, and she loved me."

METRO

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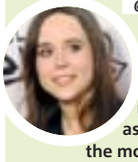
▶ Amy Winehouse

Celebrity tweets

@JerrySeinfeld

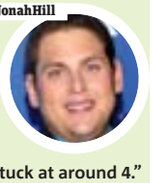
"All your facial features are on the lower bottom half of your head. Disturbing."

@EllenPage



"i feel insane right now. like ashley judd in the movie about the bugs"

@JonahHill



"I bet if you asked Jay-Z to list his 99 problems he'd get stuck at around 4."

Maria, Arnie make nice

Just because Maria Shriver and Arnold Schwarzenegger are in the midst of a contentious divorce battle doesn't mean they can't celebrate a birthday together.

Shriver showed up, along with the couple's two sons, to a dinner in L.A. for Schwarzenegger's 64th birthday, according to Us Weekly.

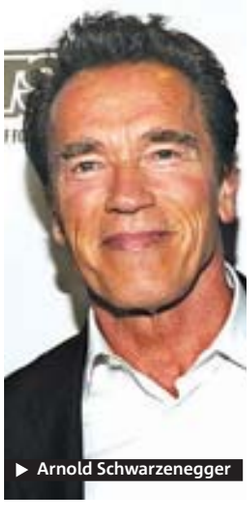
In fact, Shriver even insisted on covering the bill for the meal.

"Maria grabbed for it. She was already pulling out her wallet and gave her credit card to the waiter," a source says. "While she gave him the card, she also ordered Arnold an espresso."

Schwarzenegger reportedly referred to his estranged wife as "darling" as they left, but the birthday boy still went home alone.

METRO

▶ Maria Shriver



▶ Arnold Schwarzenegger

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3 life

Go nuts

Large population studies have found frequent nut consumption to help people lose weight and decrease their risk for heart disease and diabetes, says Dr. Cyril Kendall, a research scientist in the department of nutrition at the University of Toronto.

CELIA MILNE

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ISTOCK PHOTOS

▶ Eating a small amount of nuts regularly is a great nutrition choice.

Not so nutty science

New study shows eating certain nuts can help manage Type 2 diabetes The nut mixture shown to improve blood glucose levels, help reduce cholesterol in those affected patients

CELIA MILNE
LIFE@METRONEWS.CA

It may sound nuts, but it's true. Even though they are full of fat, nuts could help control Type 2 diabetes.

"What's nice about nuts is that they are healthy and people enjoy eating them," says Dr. Cyril Kendall, a research scientist in the department of nutrition at the University of Toronto. "They are easy to eat as snacks or can be incorporated into a variety of healthy dishes. It would be best if they were used to displace less healthy foods in the diet … such as white bread."

To study the effect of nuts on people with Type 2 diabetes, Kendall and colleagues at St. Michael's Hospital and the University of Toronto divided 117 subjects into three groups: those who received a daily supplement containing muffins, those who received a daily supplement containing raw nuts, and those who received a daily supplement containing a mixture of muffins and nuts.

The nut mixture contained raw almonds, pistachios, walnuts, pecans, hazelnuts, peanuts, cashews and macadamias.

After three months, results showed that eating two ounces (about two handfuls) of nuts a day in place of a carbohydrate has two healthy effects: it helps improve blood glucose levels and also helps reduce cholesterol. The people in the study had Type 2 diabetes and were taking medication for it. These reductions — in blood glucose levels (which need to be controlled in diabetes in order to avoid complications) and cholesterol — were on top of that already seen with drugs. Reductions in cholesterol are good news, said Kendall, as this decreases risk for coronary heart disease. The study was published recently online by the journal Diabetes Care.

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The weighty issue facing South Asians

Study shows fat collecting on their internal organs

HANDOUT/THE CANADIAN PRESS

▶ Dr. Sonia Anand

Some weight-conscious people say calories go right to their hips — but new research indicates that for South Asians, fat cells can make a beeline for their internal organs such as the liver. The discovery provides some backing for the message that Canadians whose families originated in the Indian subcontinent should aim to burn off excess calories.

South Asians have more risk factors for heart disease, including Type 2 diabetes, low good cholesterol and more abdominal obesity, according to previous studies by McMaster University in Hamilton and the Population Health Research Institute.

This time, the team took a deeper look inside the body — a different approach from their population studies of the past.

"We measured many more things, including performing a fat biopsy and a muscle biopsy, MRIs of the abdomen and the liver, and we did this much more intensive, invasive examination in fewer patients to try and understand the mechanisms," said Dr. Sonia Anand, a professor of medicine and epidemiology.

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IKEA is famous for its budget-friendly furniture and decor accents, but its restaurant isn't too shabby, either

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LUNCH RUSH

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You probably know IKEA because half of your apartment is furnished in BILLY bookcases and ORGEL lamps.

But do you know its restaurant? The self-serve cafeteria style, which keeps the prices low, adds to the festive assemble-it-yourself feel of the place.

Swedish Meatballs are a no-brainer, so I get 10 ($4.99) with mashed potatoes and ligonberry sauce. The juicy meatballs and light, airy mashed potatoes with creamy gravy and cranberry-like sauce make the dish feel like Swedish Thanksgiving!

The Stuffed Salmon has run out (already?), so Chicken with Vegetable Pasta ($6.99) it is. The grilled chicken breast is big. Too bad it's overcooked and accompanied by a strange tangy sauce. The overcooked pasta is rescued by fresh spring vegetables and a bright, herbaceous sauce.

To round out the meal, a slice of Almond Cake ($1.49), please. The moist cake is surprisingly light.

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DIGITAL DEMAND ON RISE

GROWING TREND FOR STUDENTS TO LEARN ABOUT SOCIAL MEDIA

Trending areas for people heading back to university or college this year are broadly split between two categories: Those in mid-career who want to advance or switch paths; and those looking to start a professional career from scratch.

Peter Moroney, director of professional programs at the University of British Colombia, says they are seeing high demand for programs teaching sustainability management, business analysis and social media. The last is especially popular with business people either wanting to get to grips with YouTube, Twitter and LinkedIn, or learn how to use them as part of a communications strategy.

"There are job postings for people specifically focused on managing the digital communications," he says. "It's a growing trend for companies using it internally among employees and departments and also with customers or prospective customers."

Pat Lychak, academic manager of online learning at Algonquin College, says social media courses are hot at her Ontario school.

Also popular is sustainability education for kindergarten to Grade 12 school teachers, early childhood education and an autism and behavioural sciences program.

"We're finding many of our registrants are coming from places like Saudi Arabia, Dubai as well as Canada," she says. "We have registrants coming out of high school as well as individuals looking for a second career."

Steve Andrews, program director at Dalhousie University, says their most popular courses in continuing education are pathways to university and professional development.

ESL (English as a second language) brings non-English speakers up to speed ahead of university studies and the Halifax school's vaunted Transition Year Program targets First Nations and African-Canadian people from non-educationally focused backgrounds to allow them to get up to speed.

Dalhousie also sees demand for specific university prep courses. "(For example) someone who wanted to start off in engineering, but didn't have their calculus from Grade 12, they can do those courses," Andrews says.

The other popular stream is professional development for career growth or change.

Hot courses include leadership, financial management, human resources, occupation health and safety, and IT.

"They're quite generic and can be applied across many different industries, whether it's private or public sector," Andrews says.

– Jon Tattrie

TAILORED COURSES

Universities and colleges also tailor courses for specific employers. Dalhousie University works with local gaming companies to design courses that will teach students the skills they need for jobs at the company. The companies get qualified workers and students know jobs are waiting for them.

ONLINE OPTIONS

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Career-long learning is a necessity for creative and focused industry professionals. However, many of those same professionals are adults with hectic lives — balancing their heavy workloads with family and other personal commitments. Maybe this sounds like you? If so, you're the reason Sheridan College offers more 200 courses in 22 programs online.

"We provide our students with important learning opportunities," says Sylvia Teichtmeister, dean School of Continuing Education and Corporate Training. "But they need flexibility, too. They need to learn on their own schedules and from their own homes or offices or wherever else their busy lives take them."

Sheridan's distance online learning programs allow you to progress at your own pace, according to your lifestyle needs and comfort-level with material. All courses feature online instructors, providing feedback as you progress. Whether you are looking to acquire new skills to enhance or change your career, or you simply seek personal development, Sheridan has options available. Here are just four of them:

Sheridan's Project Management Certificate program provides graduates with the knowledge and skills they need to work successfully as a project manager or associate in project management. It can also help you prepare for the PMI exam, which must be passed to earn the Project Management Professional (PMP) or Certified Associate in Project Management (CAPM) credentials.

The Pharmacy Technician Bridging Education program assists pharmacy technicians currently working in the profession to meet new regulatory requirements and expanded practice capabilities within the Health Systems Improvement Acts, 2007.

The Mature Consumers Studies Certificate program, supported by the Sheridan Elder Research Centre (SERC), offers critical insight and comprehensive analysis of the aging-population phenomenon. How are "mature consumers" compelling the marketplace to create more relevant services and products? How will governments respond to their emerging needs? These questions, and many more, are answered in Mature Consumers Studies.

Sheridan's Home Inspection Training Certificate program, offered in partnership with Carson Dunlop and Associates, provides you with the skill set needed to conduct a thorough home inspection. You will learn about the systems and components that make up a home: From roofing, wiring, heating and air conditioning, to plumbing, insulation and interiors. You will also master the communication skills and professional practices crucial to this growing industry.

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LET YOUR CREATIVE SIDE COME THROUGH

Creative writing is a hobby for a lot of people. For a select few, it's a career. If this is the job you dream of, the University of Toronto's Creative Writing Certificate program can help you get serious about it.

"Our program gives aspiring writers an opportunity to pursue their work with the support of experienced authors and fellow writers," says Marilynn Booth, director, U of T School of Continuing Studies.

These mentors teach students to distinguish good writing from bad, become better storytellers, and discover their unique voices through supportive, intelligent feedback. They also teach the practical side of the business: How to get your work published; how to find and work with agents; reasonable income expectations and how to budget; when and where to submit work for publication; proper submission format; and the basics of a good pitch.

Different writers are fascinated by different things, so these creative writing courses cover a wide range of fields; titles include "Dramatic Writing: From Page to Stage"; along with introductory courses in poetry, creative nonfiction, short fiction, writing for children, and several more subjects. Having completed the program, students will have a substantial portion of a completed manuscript in hand — proof of the skills they've mastered.

The Creative Writing Certificate requires 120 hours of class time (usually six 20-hour courses), plus the submission of a final project to the Creative Writing Certification Panel. This project — which can be a collection of poems or short fiction, a novella or novel excerpt, a script, screenplay, or theatrical work, or even a work of non-fiction — is completed with the benefit of a supervisor's detailed feedback, delivered both online and in person.

U OF T PROGRAM NOT FOR ALL

Many people long to be writers, but the University of Toronto's Creative Writing Certificate program isn't open to all of them. Applicants are expected to have university-level facility in both written and spoken English, which means not only fluency, but also confidence in the use of grammar, a relatively rich vocabulary, and experience developing text beyond 1,500 to 2,000 words.

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FILLING THE VOID AT MANAGEMENT LEVEL

COURSES ASSIST WOMEN AT VARIOUS STAGES IN THEIR CAREERS AT ROTMAN SCHOOL OF MANAGEMENT

BANANASTOCK/THINKSTOCK

Although women have made huge employment strides, very little has changed when it comes to moving up the management ranks. So the Rotman School at University of Toronto designed the Women in Business program, offering courses to assist women at various stages of their careers.

Born in 2008, out of requests by alumni of the earlier Judy Project, the program's aim is to address the "shortage of senior women leading large organizations or sitting on boards," says director Geeta Sheker. "Studies show as women move up the management ranks, more fall off. While women newly hired in the workforce number around 50 per cent, those promoted to management are at 37 per cent, then at the VP level, the numbers drop to 26 per cent."

In its first year, Women in Business offered two programs — Emerging Leaders aimed at mid- to senior-level women and the Business Leadership Program for Women Lawyers, because they were witnessing "women leaving law firms in droves," Sheker says.

Since then, five more professional development programs have been added, including Athena for women starting out in their careers to learn how to build skills, build networks and set personal goals. One is geared to internationally educated — and currently underemployed — immigrant women professionals to help them ease back into the career they trained for, and another for professional women who have been out of the workforce.

Course duration depends on content. For example, the course for internationally educated women is held evenings so not to interfere with daytime jobs, the back-to-work program is 10 days from 9 a.m. to 3 p.m. to accommodate family needs, and the women lawyers course is an intense two days because, as Sheker points out, "It's impossible to get lawyers out of their offices for more than two days at a time."

In addition to programs, there are networking events, guest lectures by business leaders and experts, and a mentoring program.

It's not just women who benefit, but the corporations who hire them, as well.

"These are talented women," Sheker says, "and if something isn't done to change their satisfaction, they won't stay and that's a brain drain."

Change is best achieved two-fold: Women must overcome the feeling that it's pointless to try to change the workplace, which has them leaving the corporate world. But corporations must do their part, too, Sheker says. "It's important to create environments for women to thrive in, to address some of the structural problems of organizations."

There's too much to lose — these are talented women who can and do contribute greatly to any organization.

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HEMERA/THINKSTOCK

Perhaps you are an information technology specialist who needs to train a group of staff. Or maybe you are a top-notch salesperson, but have no idea how to teach incoming salespeople. Or you are tired of nursing in hospitals and want to expand to teaching nursing.

If so, the new Training and Development Certificate at Toronto's Centennial College may be something for you to look into.

The course is being introduced for the first time this fall at the college with the hopes of attracting a variety of students.

"It's really targeted to industry or corporate people who need these skills for their jobs, current or future," says Mary Devine, chair of Centennial's school of continuing education and corporate training. "Or it might also be people who've had a career and now they're in career transition and they want to do something different."

The program is set up with classes being offered in the evenings and on weekends for eight to nine months, and is looking to enrol approximately 20 students.

The school worked with the Canadian Society of Training and Development (CSTD) to design a program that will meet the CSTD's standards — in fact, students who finish the program can join the organization at a discounted rate and also qualify for a one-year reduction in work experience that the organization requires for its professional designation.

Centennial College has focused its newly developed program in five key teaching and training areas including:

- Assessing performance needs
- Designing training
- Facilitating training
- Supporting transfer of learning
- Evaluating training

POWERFUL LANGUAGE

The Institute of Language and Culture is part of the Humber College School of Liberal Arts and Sciences and prepares students with language skills as a powerful tool for work and business. The school offers several certificates through Humber's Continuing Education Department.

Students are assessed individually and may begin at any level based on their previous ability with the language. Students learn through conversation with rich cultural content and participate in role-playing and audio-visual presentations. There are usually fewer than 25 students in class. In addition to private tutoring and translation, Humber offers customized programs to business and industry.

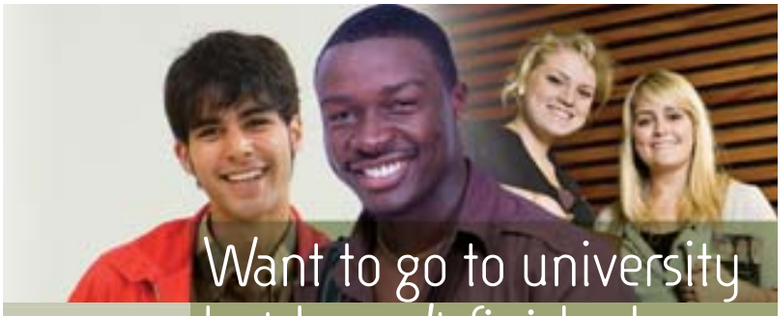
Humber's language courses are taught by experienced instructors, such as Rosary Perez, an ILSAT-certified Spanish interpreter with a masters degree in linguistics.

"The Language Interpreter Training Certificate is a focused, practical training program geared at individuals proficient in more than one language wishing to embark in a career in interpreting," she says. "I feel truly privileged teaching at Humber College because of the extensive resources and support the institution offers its faculty and student body."

In addition, the International English Language Testing System (IELTS) is the world's most popular system for language testing, and Humber has been recognized as an official IELTS Information Centre.

HUMBER'S PROGRAMS

- French Language Certificate Program: A six-course program leading to a certificate for students wishing to achieve a high proficiency in French. Students learn conversational, as well as formal language structures.
- Spanish Language Certificate Program: With Spanish rapidly becoming the second language choice of GTA businesses, Humber has partnered with the University of Toronto to enhance the value of this six-course certificate program.
- Language Interpreter Training Certificate Program: This 180-hour, six-course certificate program provides the skills for students to work as spoken language interpreters in the legal, health-care and social services areas.
- Indigenous Knowledge Certificate Program: A unique, new course designed to provide learners with a foundational knowledge-base for awareness and understanding of aboriginal peoples and culture.
- Italian Language: Language skills are developed by reading, writing, speaking, listening and the learning of formal language structures.



Want to go to university but haven't finished high school or community college?

- Successful completion of the course qualifies mature students for admission to degree studies at the University of Toronto
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TIME TO CROSS THAT BRIDGE

U OF T COURSES CAN AID TRANSITION BETWEEN SCHOOLS

STOCKBYTE/THINKSTOCK

University standards are notably strict in evaluating incoming students.

And if perhaps your circumstances left you with less-than-desirable marks at high school graduation, or if you didn't complete your high school diploma or you hope to transfer out of your college, the Bridging Program at the University of Toronto can literally bridge that gap between educational institutions.

"This program is an opportunity for those who don't have the traditional admission requirements to possibly gain admissions for the University of Toronto Faculty of Arts and Sciences," says Winnie Wong-Nicholson, associate registrar for the Millie Rotman Shime Academic Bridging Program at the University of Toronto's Woodsworth College.

"Really, the majority of students we're targeting are going into the humanities and social sciences programs,"she adds.

"So they can be coming from industry, there's a possibility that they're coming from high school with insufficient grades or haven't finished high school. We do go up to students with college experience."

With a capacity of approximately 900 students annually, the program is offered in one of three time spans: Once a week for three hours in the fall semester; twice a week for four hours total for a more rapid winter semester; or the summer accelerated program at six hours per week.

PREREQUISITES FOR APPLICANTS

Woodsworth College's Academic Bridging Program does have a handful for prerequisites for potential applicants. They include:

- You must be 20 years old by Oct. 1 of the academic year you | are applying for
- You must be a Canadian citizen, permanent resident or convention refugee
- You cannot apply if you have finished more than two years at a college of applied arts or technology or you have finished degree level work
- If you are younger than the age of 23, you might have to meet additional academic standards.

Express more.

Diane Terrana

Student, Creative Writing, is winner of the 2009 Random House award and author of two upcoming novels, **Stardust**, and **An Elephant in the Restaurant**.

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SCHOOL OF CONTINUING STUDIES

ISTOCKPHOTO/THINKSTOCK

OPTIONS CAN ADD UP QUICKLY

Certified general accountants combine accounting principles with critical thinking: Meeting the needs of any business, from small start-ups to multinationals, in every industry, in both the public and private sectors. They find efficiencies and see possibilities beyond the balance sheet. As a result, CGAs are in the top five per cent of income earners in Canada — and if you would like to join their ranks, Certified General Accountants of Ontario has programs in place to help.

The CGA program consists of three academic components, 19 courses in total. In addition to foundational and certification courses, you can choose two electives, drawn from 14 specialties, including government, non-profit, and information technology. Courses are structured so students can work full time and still go to school.

CGAs find no shortage of career opportunities. Some serve as CFOs, analysts, and COOs in large companies, while others help build new companies from the ground up. Many choose to work overseas. Many more incorporate their personal interests into their work, using their accounting skills to power progressive industries like the arts. If you are looking for a few more ideas, CGA Ontario's recruitment website, cga-domore.org, has more.

Having earned your CGA designation, you will want to get working as soon as possible, and CGA Ontario will be there to help. Employers from across Canada advertise management positions on its free online referral service, available only to CGAs and students in the CGA program, and this can open many doors. Former student Manjit Bagri has seen the results. "I'm a new CGA member," he says, "but I've already been recognized at work with more respect and increased pay." Today, he's Manager of Finance for The Herjavec Group — a big step in an already successful career.

WELL-ROUNDED ACCOUNTANTS

Certified general accountants require both conceptual knowledge and practical experience, meaning all aspiring CGAs must have at least three years of full-time work experience before applying. This must include intermediate- or senior-level positions within the accounting or finance sector. And remember, while you don't need a university degree to be accepted into the program, you do need one to be certified as a CGA.

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HUMBER
Liberal Arts & Sciences
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Institute of Language and Culture
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• French Language
• Spanish Language
• Intercultural Relations
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COURTESY GEORGE BROWN COLLEGE

GEORGE BROWN INTERIOR DESIGN ON CUTTING EDGE

We all want to live, work and play in nice places, even if our definitions of "nice" aren't the same. What this means is that — in good times and bad — there will always be a place for interior decorators: The women and men who make our homes, offices and public spaces into something special. George Brown College's Interior Decorating Certificate program is your chance to join a profession always on the cutting edge.

Upon completion of the program, you will have the skills needed to work as a professional interior decorator, recognized by the Canadian Decorators' Association (CDECA). Classes are located on George Brown's Casa Loma campus: Walking distance from Canada's leading interior design wholesale showrooms. The curriculum includes field trips to these showrooms, known as "Designers' Walk," and to museums, art galleries, and contemporary and historic homes across Toronto.

Want to get noticed?

Here's how they did it.

George Brown's interior decorating students don't just graduate — they compete and win. "A number of our students have been awarded for their work," says Kathleen Abbott, associate dean of Continuing Education. "Much of the credit for this belongs not just to our talented students but also to our dedicated teachers."

The talent of past and present students was on display recently, as they took home six awards at this year's Decorating and Design Awards, handed out April 18 by the Canadian Decorators' Association (CDECA). Among them was Ali Gibson, who earned both gold and bronze in the Student Project category. "I am thrilled to have recognition for my work from such a distinguished organization," she said.

MANAGE YOUR PROJECTS AT U OF T

"Project Management is a credential employers increasingly look for, and job seekers use to differentiate themselves from other candidates," says Marilynn Booth, director of University of Toronto School of Continuing Studies.

That alone should pique the interest of business-minded people. Managing projects well is key to an organization's success, and the better you know how to do that, the more crucial your job becomes.

U of T's Project Management Certificate program is intended to give you both confidence and competency in this field. It provides an overview of project management, covering both hard skills and soft skills, like communication, which every project manager must master to ensure long-term success. It also examines the challenges of managing both large- and small-scale projects, preparing you for professional certification by the Project Management Institute.

The Certificate in Project Management consists of three courses. Foundations of Project Management provides you with a basic understanding of Project Management Body of Knowledge (PMBOK) and the concepts and functions of project management, explaining the roles of project manager, team, and Project Management Office (PMO).

CREATAS/THINKSTOCK

STRENGTHEN YOUR SKILL SET

Project Management is a practical discipline that can substantially strengthen your business skill-set and overall value to an organization. Therefore, the University of Toronto's Project Management Certificate program is designed for working people: Professionals, business analysts and business process managers from industries and services in both the private and public sectors.

Leading Projects in Organizations explains how organizations can reach the level of project management maturity that allows them to plan and execute projects successfully. Topics include: Organizational structures and influences; management of human resources and conflicts; leadership; project documentation; and professional ethics.

Finally, Project Implementation and Control provides students with tools and techniques for monitoring and controlling the costs, duration and product quality of a project; as well as implementing its risk management plans.

These courses can be completed as evening classes or online. You can also earn your certificate through an equivalent series of professional day seminars, each lasting three or six days. Students can take any combination of these delivery methods to obtain their certificate.

UNCOVER FORENSIC NURSING SKILLS AT GEORGE BROWN

Behind every trauma there is a story. Forensic nurses help uncover it.

George Brown College's certificate in Forensic Nursing is a chance to bolster your nursing skills, applying them to treat both victims and perpetrators of abuse, violence, sexual assault and other traumatic events — even to investigations of death and care of survivors.

Courses emphasize holistic care, cultural sensitivity and critical thinking. Taking a patient-focused, family-centred, multidisciplinary approach, they consider the role a nurse plays in bridging gaps between emergency rooms, hospitalized patients, police departments and medical examiners' offices. The requirements and challenges of giving expert testimony are examined, too.

To earn the certificate, you must complete four courses: Introduction to Forensic Nursing; Forensic Issues in Sexual Violence; Clinical Applications in Forensic Nursing; and Forensic Issues in Interpersonal Violence. These are offered online through George Brown's Continuing Education department, giving you the freedom to choose days and times that suit your schedule best. The results could be very rewarding.

COURTESY GEORGE BROWN COLLEGE

BASE OF KNOWLEDGE

George Brown College's Certificate in Forensic Nursing builds upon a strong base of nursing knowledge. Therefore, you must be a registered nurse (RN or RPN) who has been given permission from the department co-ordinator to register, and you must have completed NURS 1056/ NURS 9130 (Health Assessment) or an approved equivalent.

"Forensic work looks exciting, but it is a serious scientific field," says Pat Marten-Daniel, chair of the Nursing and School of Emergency Management. "Interprofessional teams work in partnership to care for a very vulnerable population of people: Those who have become victims of violent crimes."

HELPING THOSE IN NEED

GEORGE BROWN PROGRAM PROVIDES EMERGENCY TRAINING

COURTESY GEORGE BROWN COLLEGE

George Brown College's School of Emergency Management exists because emergencies happen. In recent years, catastrophic events — most natural, some accidental, and a few deliberate — have impacted North Americans to a degree few could have predicted. The need exists for more professionals trained to respond to these situations — men and women capable of saving lives and property wherever possible.

The School of Emergency Management is responding, too: Teaching a broad range of subjects that includes: Border Services and Immigration Enforcement; Business Continuity Planning; and Threat and Risk Assessment. Specialty courses include Pandemic Planning and a security guard course that trains you to become part of one of this continent's fastest growing industries.

As a student, you have the opportunity to earn one certificate covering your specific area of interest, or earn overlapping certificates that gain you a broader range of skills and knowledge.

"Our curriculum continues to be developed with the guidance of subject matter experts," says Pat Marten-Daniel, chair, Nursing and School of Emergency Management.

"These are individuals in senior positions in provincial and municipal governments and industry, who hold responsibility in public and private policing, infrastructure protection, and disaster and emergency management."

The school's framework is competency-based and outcomes-focused.

This approach is learner-centred and evaluated for the effective application of knowledge and skills in real-life situations.

REAL-WORLD SITUATIONS, RIGHT NOW

George Brown's School of Emergency Management is committed to making a difference, locally and beyond. Recently, it collaborated with Tenet Computer Group and Bridgepoint Health to test and implement emergency management software, allowing health-care providers to quickly share information related to breaking public crises. "In assessing the design and utility of the application in a controlled environment, we were able to pinpoint key benefits and potential gaps to help our partners improve their ability to respond swiftly to critical situations," says Robert Luke, assistant vice-president, Office of Applied Research and Innovation.

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*Most classes begin the week of September 12. Online classes begin September 9.

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FOOD FOR THOUGHT

NEW ROSTER AT SENECA

Seneca College is offering a roster of new part-time courses for the fall of 2011. In keeping with the times in an emerging industry, Seneca now offers Green Energy Systems Subjects and Green Economy Seminars.

Seneca has eight campuses in the Toronto area and students have several study options including traditional in-class instruction, online courses, self-paced correspondence courses with faculty available by phone, or a blended stream of classroom and online instruction. Seneca offers a unique learning environment with experienced and knowledgeable instructors.

Seneca students have the flexibility to decide how many subjects to register for and when, since enrolment is on a subject-by-subject basis, rather than by program. Subjects may be chosen according to a student's goals: From classes for personal development, certificate or diploma programs. Seneca's Faculty of Continuing Education and Training offers a wide range of programs at Diploma, Advanced Diploma, Certificate, Ontario Graduate Certificate and Recognition of Achievement levels.

Registration opened July 25 and students may register online at senecacollege.ca/ce.

Seneca College's Faculty of Continuing Education is now offering the new Food Service Worker Training program.

PROGRAMS

- Solar Photovoltaic Clerk, Recognition of Achievement: Provides graduates with the basics of photovoltaic (PV) systems in commercial and residential settings.
- Solar Photovoltaic Design Assistant, Recognition of Achievement: Provides the student with in-depth understanding of PV systems from a design perspective.
- Solar Photovoltaic Installation Assistant, Recognition of Achievement: A unique program that prepares the student to work alongside an electrician in the installation and maintenance of PV systems.
- Event and Conference Planning: Provides professional training and credentials and prepares graduates for employment as meeting planners for corporations, trade and professional associations.

TIME CAN BE ON YOUR SIDE

HOW TO JUGGLE HECTIC PACE

JOHN HOWARD/LIFESIZE/THINKSTOCK

Some might say Anjana Magpu is an overachiever: Director of a private clinic, single mom to a teenager, and studying not just for her masters in social work, but a full course of French at Alliance Francaise.

Magpu, however, doesn't look at it that way.

"I pretty much take each day as it comes, and, fortunately, I work really well under pressure. I may not have much social life, but I take time for myself — to read a good book, or sleep in when I need it."

Magpu is not alone. Countless students are handling work and family commitments while they study. Of the 38,000 enrolled at Calgary's Athabasca University, considered the largest distance education facility in Canada, a staggering 81 per cent hold down full-time jobs, and many have families.

Michael Shouldice, Athabasca's senior recruitment officer, says the university provides online tools to prepare students for what lies ahead.

He recommends, though, that they come to it knowing what they like, because that "will motivate you through the hard work."

Career counsellor Marlene Haley has many clients in the same juggling boat while they retrain for the career of their dreams. The key, she says, is good time management: "Work is work and defined, but juggling the house, child care and study is where it can get dicey and you have to be disciplined."

But first you need to know what you're dealing with, says Haley, who regularly prepares clients through her company Find Work You Love.

That means boning up on study skills, speed reading, and exam writing before the first class.

Once you're in the thick of things, break down your schedule into daily, weekly, and monthly plans.

"If the going gets really tough," Haley adds, "break it down even further into hourly plans — you'd be surprised what you can get done in 15 minutes. Then monitor the plan to see how it's working, and whether it needs modifying."

She also suggests knowing when you work well, and using that productive time to accomplish the important things, rather than letting it dribble away. *– Alex Newman*

COMSTOCK/THINKSTOCK

GO GREEN AT HUMBER

Do your green skills need a bit of a boost? If so, Humber College's new batch of green-themed continuing education courses might be for you.

This fall, the Toronto-based college is launching six new programs, all of which are related to environmental jobs. The programs include Organic Horticulture Specialist, Sustainable Landscape Design Certificate, Certified Landscape Management, Certified Greenhouse Gas Inventory Quantifier Program, Construction Project Management Certificate, and Eco-Logic Design and Construction.

"It's designed for people to expand their knowledge. I call these 'after-market' programs, so they're for people who've already gone to school, have their credentials and work in the industry and they come back to Humber to take these programs and enhance their skills to get into different jobs or positions," says Denis Gravelle, director of continuing education and workforce development.

The programs range in terms of numbers as to how many students can take the course and the length of time involved. For instance, the certified landscape management and the construction project management course are both online, leaving capacity for student enrolment relatively limitless.

And while the courses run approximately 14 weeks, the workload involved is also varied: The organic horticulture specialist is one course while the landscape design certificate consists of six courses.

In environmental-related courses, Gravelle notes that learning opportunities and positions in the industry are truly evolving. "In three years down the road we don't know what the jobs are going to be," he notes.

But with the help of some industry organizations supporting this batch of programs, it's planning to stay current. Organizations involved include:

- Landscape Ontario
- Canadian Nursery Landscape Association
- Agricultural Adaptation Council

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Gisele

Dear Gisele:

First, good on you for wanting to bring something!

You will never go wrong with any one of the following items: fresh potted flowers in bloom, a homemade dessert, a bottle or two of good wine, a basket of freshly picked berries, a selection of the latest magazines or a few DVDs for a rainy day.

All of the above items are to be left behind regardless if they are used or not.

Remember, any item should have a little card from you saying thank you for the invitation and how much you are looking forward to a wonderful weekend and meeting everyone. Have fun!

CHARLES WOULD LOVE TO HEAR YOUR QUESTIONS. EMAIL HIM AT ASKCHARLESTHEBUTLER@METRONEWS.CA.

ISTOCK

WHEN IN DOUBT, REMEMBER INSTINCT IS EVERYTHING

TWO SISTERS

ANDREA & CLAIRE
RELATIONSHIPS@METRONEWS.CA

I met a great guy just as he was ending a previous relationship, and things have been great between us — he is definitely taking it slower than I would, but it feels good and not like a rebound relationship. Recently though he told me he needed space, which I expected, so instead of freaking out on him, I told him I understand. In fact, I handled it so well that he doesn't seem so sure about needing space anymore ... so what do I do the next time he asks to see me? Do it, but not know where we stand, or tell him to take some time and not come back until he's sure of his feelings?

Andrea: Dear not-rebound-girl,

I expect that this guy has done some deep thinking since his last relationship, thinking that would require of us mortals more time and space.

However, if this isn't the case, as mature and aware as he may sound, he probably isn't quite ready for something serious if his previous relationship was a serious one too. After all, it's human nature to want to dull the pain of a breakup. You may be in danger of becoming the morphine to his car crash.

Despite his best intentions, space is a wise thing for you both.

It doesn't mean prison though: being able to see each other platonically can foster a deeper relationship where you respect each other as complex individuals.

From there, diving into the hot phase again will be that much more fulfilling ... Or you discover he's lame and move on. It's all good.

Claire: Dear NRG,

There are no rules for these things, which is a good and a bad thing, because like many emotionally vulnerable situations in your life, it comes down to this: what does your instinct tell you?

Do you feel that he wants what you have to give, or simply that he's accepting what you have to offer, because those are two very different things.

Do you feel at peace with what you two have, or do you spend your time feeling anxious?

Instinct is everything. Is he open with you about what he's going through? Have you met his friends? Are you taking the same amount of space in his life that you are offering him in yours?

If this relationship is meant to be, it can handle your questioning, and more.

TWO SISTERS, 20-SOMETHING ANDREA AND 30-SOMETHING CLAIRE, OFFER THEIR DIFFERING VIEWS ON YOUR RELATIONSHIP ISSUES.

RACKING UP EXPENSES FOR WORK

FUN AND FRUGAL

LESLEY SCORGIE
MONEY@METRONEWS.CA

I polled 20 to 40-somethings throughout July on what they spend on work expenses annually.

The responses indicate that most incur thousands of dollars in costs to "look the part."

For example, a landscaper buys heavy duty boots and commutes long distances, an IT consultant might work from home and invest in a home office, and a lawyer travels often and purchases expensive suits.

Save money on commuting expenses by taking public transit, switching to an alternative fuel vehicle, or carpooling.

ISTOCK

▶ When buying heavy-duty work clothes, check whether your employer has a preferred 'outfitting' store with employee discounts.

Transit passes are eligible for a 15 per cent tax credit at transitpass.ca.

MoneySense calculated that a couple could save almost $600 per month by moving out of the suburbs and closer to the core if they work downtown.

Not only would they pay less in car maintenance and fuel expenses by walking or biking into work, but they'd spend far less time commuting.

Work attire can be purchased at deep discounts by buying in the 'off' season, on sale or at outlet malls.

Often times, designer labels are more than 50 per cent off the rack.

If your suit needs tweaking, take it to a tailor and have it customized for $50.

By sticking with classic fits and fabrics, you'll avoid premature replacement when fashion trends change.

You can spruce up nearly any outfit with an inexpensive colourful shirt or tie.

I'd recommend buying unique accessories, like broaches or bags, from local artisans.

When setting up a home office, look for clearance sales on desks and computers.

I saved $2,000 on my home office by hitting up a "going out of business" sale.

Don't be afraid to buy book shelves, desks, chairs or electronics second hand off Kijiji or EBay.

Many home office expenses qualify for tax credits. Work expenses are largely unavoidable.

But, be savvy and frugal by spending on work items that enhance your personal brand.

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POP QUIZ

What should you do with your tax return money?

A: Hurray! Time for a shopping road trip to the US!

B: Save some, invest some, pay off debts and then reward yourself!

FIND TIPS & TRICKS
in Lesley Scorgie's Fun and Frugal Column:
What to do with your tax refund.

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A LAWYER'S CRITICISMS CAN BE DETRIMENTAL TO A CASE

WORKPLACE LAW

DANIEL LUBLIN
DAN@TORONTO-EMPLOYMENTLAWYER.COM
TWITTER: @DANLUBLIN

"It is easier to be critical than correct." — Benjamin Disraeli

Today, much of the workforce feels empowered to complain. When upset about their boss or their job, these employees no longer visit their doctors seeking a note for a leave of absence. Now they just call their lawyers. But what happens when a lawyer's letter goes too far? One B.C. employee recently found out the hard way.

Sukhwinder Grewal and her boss Dalbir Sohi had a rocky relationship from the get-go. Grewal, a branch manager for the Khalsa Credit Union in B.C., was frequently on the receiving end of Sohi's criticism. Deeming his contempt to be unwarranted, Grewal often responded with letters defending herself and her actions. Sohi viewed those letters as insubordinate and disrespectful.

Matters came to a head when Sohi discovered that Grewal's personal home mortgage, through the credit union, was inputted incorrectly. He believed that Grewal had inappropriately received a personal benefit and wrote a memo to the credit union referring to Grewal's mortgage as a "scandal" and raising other issues he had with her performance. Before Sohi could question Grewal, she went on disability leave.

Upon her return to work, Grewal learned that during her leave Sohi had disclosed her alleged mortgage "scandal" during the credit union's governance hearing and that her name appeared in a public document. Believing this was highly inappropriate, Grewal's lawyer sent a letter to Sohi accusing him of creating a pretext to dismiss her and demanding that he apologize to Grewal and acknowledge that his allegations were baseless and brought in bad faith to harm Grewal and her reputation. The letter concluded by threatening to sue Sohi if he did not apologize. The credit union responded on Sohi's behalf claiming that, through her lawyer's letter, Grewal had just resigned.

At a recent trial, the judge determined that, but for her lawyer's last letter, Grewal would have been wrongfully dismissed. Although Grewal's concerns may have been justified, the letter from Grewal's own lawyer tipped the scales against her. According to the judge, that letter "permanently undermined the employment relationship" and was cause for her own dismissal.

Employees are entitled to criticize their bosses and their employers without fear of immediate dismissal. However, there is a limit. In the quest to find the appropriate balance between criticisms and accusations, sometimes even the lawyers need counsel.

DANIEL LUBLIN IS AN EMPLOYMENT LAWYER WITH WHITTEN & LUBLIN LLP.

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Career couples

What if your partner works in the next pod?
Do your co-workers a favour and can the cuddles!

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ISTOCK

▶ Can the cuddles when you step into the office. The couple who works together must not forget that they are colleagues once the working day begins.

It's one thing to be married to your job. But to be married to someone else who works there?

Career counsellors say newlyweds who clock into the same office share commutes, professional aspirations, and tax benefits galore.

"A lot of people do it extremely well, and it's really common," workplace relationship guru Courtney Anderson says. "It's a great way to maximize your resources and benefits, and when it works, it works amazingly."

And when it doesn't? You could get fired and divorced by the same boss: ouch.

Keep it Serious

"When it's done right, people take their work very seriously," Anderson says.

"They're not like, 'Can you file this business report, oh honey, I love you, can you pick up the kids?' No. That would be ridiculous."

"You have to be very clear about keeping the lines set," agrees Office Mate author Helaine Olen, who has worked five years alongside her husband.

That means don't reach decisions at the dinner table. Don't dash into your spouse's office and shut the door.

"You cannot use your spousal relationship in any way, shape, or form to get a favour," Olen emphasizes. "You have to keep it really professional."

"It should seem almost weird from the outside," Anderson adds.

"People will say 'Oh, that's your husband? That's your wife? But you seem so formal with them.' But why shouldn't you be formal?

"Team members aren't there to see you running around, patting each other on the butt."

Separately Together

The tough part about splitting an office with your soulmate isn't finding a way to work together, Olen says. It's finding a way to be apart.

"There is obviously a thing called too much togetherness," she warns. "Be careful about that. You need to have separation."

If you work from home, work in separate sides of the house, she recommends.

If you work in the office, don't do lunch everyday.

"Commute to work separately," she adds. "It's a really neat solution to the problem. It gives you some time to be apart. Alone time."

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4 sports

Rotation clicking as Jays hit road

- Morrow's 11-strikeout outing caps a strong run for Toronto starters
- While pitching has heated up, some key Jays' bats have gone cold

DAVID COOPER/TORSTAR NEWS SERVICE

▶ Brandon Morrow pitches against the Rangers on Sunday.

It began with a shutout that was followed by two more wins and then a season-debut that was mightily impressive, even if it didn't end in victory.

And after Brandon Morrow finished up the week with an 11-strikeout gem in yet another excellent bounce-back outing for the hard-throwing righty, there was one undisputed fact.

As the Jays open a six-game road trip today against the Tampa Bay Rays, the starting pitching is more than holding its own.

"I think we've been throwing the ball well for a while now," Morrow said after holding the Texas Rangers to two runs over seven innings of Sunday's 7-3 Toronto victory.

"I think everybody in the rotation has found their stride. It's good to have (Brett) Cecil back and throwing the ball like he can, (Carlos) Villanueva's doing great and (Brad) Mills was awesome (Saturday in his first major league start of the season).

"Just kind of one of those things where you pass the baton and you want to keep going."

The starting pitching was able to mask some scuffling from the batting order, the kind of "we'll take care of you, you take care of us" teamwork that's necessary.

Jose Bautista hasn't had a home run in 14 games, his longest drought of the season, Adam Lind is just 4-for-36 over his last nine games and Travis Snider has seen his production drop off so quickly after a torrid post-recall start (5-for-31 with no homers in eight games) he was out of the starting lineup against two Texas lefties on the weekend.

"I don't think we're at the point of saying Travis is solely a platoon guy," said manager John Farrell.

But what the Jays have now is a roster with more options for the manager. He can mix and match as he sees fit — Rajai Davis was in left Sunday, Edwin Encarnacion played first base for two games, J.P. Arencibia was the designated hitter Sunday — and the inevitable call-up of third baseman Brett Lawrie will make it even easier for the manager to dole out playing time solely on merit.

"I think competition brings out the best in players and yes, we're at the point where performance is weighed into the equation of spots in the lineup and playing time," he said Sunday.

"At some point you have young players come to the major leagues, you have to provide an opportunity not only to transition but to get to the point of being established but when you bring multiple guys of similar skills and similar abilities, ultimately performance wins out."

TORSTAR NEWS SERVICE

The rotation

The most recent performances from the rest of the Jays' starters have been solid as well.

- **Ricky Romero** began it by limiting the Baltimore Orioles to four hits over 8⅓ shutout innings in a 3-0 win.
- **Carlos Villanueva** was good enough over five innings of an 8-5 triumph Thursday to run his record to 6-2.
- **Brett Cecil** dominated the hard-hitting Rangers for seven impressive innings in a 3-2 Toronto victory the next night.
- **Brad Mills** made his season debut in the big leagues on Saturday and even though he was tagged with the loss in a 3-0 setback, did more than enough in a two-run, seven-inning outing to keep his spot in the rotation.

Quoted

"When I was a little boy I never expected to have my number retired. I just played the game I love."

ROBERTO ALOMAR. THE BLUE JAYS RETIRED HIS NUMBER 12 ON SUNDAY, THE FIRST RETIRED NUMBER IN FRANCHISE HISTORY. THE TEAM REPORTED A SELLOUT CROWD OF 45,629 FOR SUNDAY'S GAME.

Scan code for more sports news.

Moss ends NFL career, leaving legacy up for debate

Randy Moss is calling it a career after 13 seasons in the NFL as one of the most dynamic and polarizing players the league has ever seen.

Moss's agent, Joel Segal, said yesterday that the receiver was considering offers from several teams, but made the decision to retire. Segal declined to comment specifically on the offers, instead saying his 34-year-old client felt the time was right to step away.

"Randy has weighed his options and considered the offers and has decided to retire," Segal said.

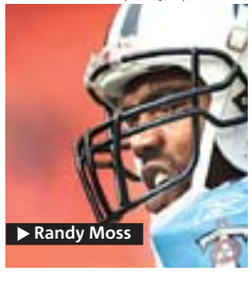
If this indeed is the end for Moss, he leaves the game with some of the gaudiest statistics ever posted by a receiver. His 153 touchdowns are tied with Terrell Owens for second on the career list, and he's also fifth in yards (14,858) and tied with Hines Ward for eighth in receptions (954).

Those numbers, and his status as perhaps the best deep threat in NFL history, will make him a strong candidate for the Hall of Fame. But voters will also be weighing those numbers and his six Pro Bowl seasons against a history of boorish behaviour and a penchant for taking plays off when he lost interest in the game.

His career started with seven electric seasons with the Minnesota Vikings before he went dormant for two years in Oakland. He re-emerged as a force with the New England Patriots in 2007, hauling in a single-season record 23 TD passes from Tom Brady to help the Patriots reach the Super Bowl.

THE ASSOCIATED PRESS

JAMIE SQUIRE/GETTY IMAGES



▶ Randy Moss

Jets talking Super Bowl as workouts begin

New York club an early favourite as training camps get underway ‘We are the team to beat,’ says Holmes

LaDainian Tomlinson looked around quizzically when asked if this year’s New York Jets were the NFL’s version of a dream team.

Tomlinson, who restructured his contract to help the Jets sign more players, then laughed and said the obvious:

“We don’t have LeBron, D-Wade or Chris Bosh on the team.”

Still, Tomlinson wasn’t dismissing the notion the Jets are among the Super Bowl favourites as the most unusual pre-season in NFL history begins following the 4½ month lockout. Nor was Jets coach Rex Ryan holding back. He called this the best roster he’s had since coming to New York.

“In my mind, there’s a great opportunity for us to win and that’s the No. 1 thing, in my mind to be somewhere where we have a chance to win the Super Bowl,” Tomlinson said yesterday after the team’s first workout, a slow-paced walkthrough. “I have said it all along (about restructuring) and this was my being able to prove the words I’ve said.”

As usual, there were lots of words escaping rapidly from Ryan and his players. Re-signed receiver Santonio Holmes echoed Ryan’s previous bold proclamations when the

“My improvement determines any kind of ceiling this team can have and our potential.”
JETS QUARTERBACK MARK SANCHEZ

Jets were reaching the last two AFC championship games, and new receiver Plaxico Burress seconded the notion that this is a team on the rise.

“I’m pretty sure coach will tell you the same thing that I’d probably tell you — we are the team to beat,” Holmes said. “But that’s for us to feel like, and that’s what we’re supposed to feel like when we go into any game, that no matter who steps on the field, you have to come and beat us because we know we’re tough.”

Added Burress, who hasn’t played since 2008 and spent much of the last two years in jail on a gun charge:

“I looked at what these guys have here. They have a great coach that everyone wants to play for in Rex. I want to be able to show loyalty from the other side and help take them to a championship.”

Ryan, sporting a new tribal-style tattoo on his right calf, reiterated his belief this is the Jets’ year to win their first NFL title since the 1969 Super Bowl.

To enhance their chances of making that final leap into the Super Bowl, several Jets reworked their contracts, allowing them to keep Holmes and cornerback Antonio Cromartie and grab Burress.

Cromartie agreed to terms on a four-year contract earlier yesterday.

Other than Burress, the Jets core is relatively the same as in 2009. Ryan expects further growth from his key players, particularly Mark Sanchez, who he now calls “our leader” after making the quarterback a team captain.

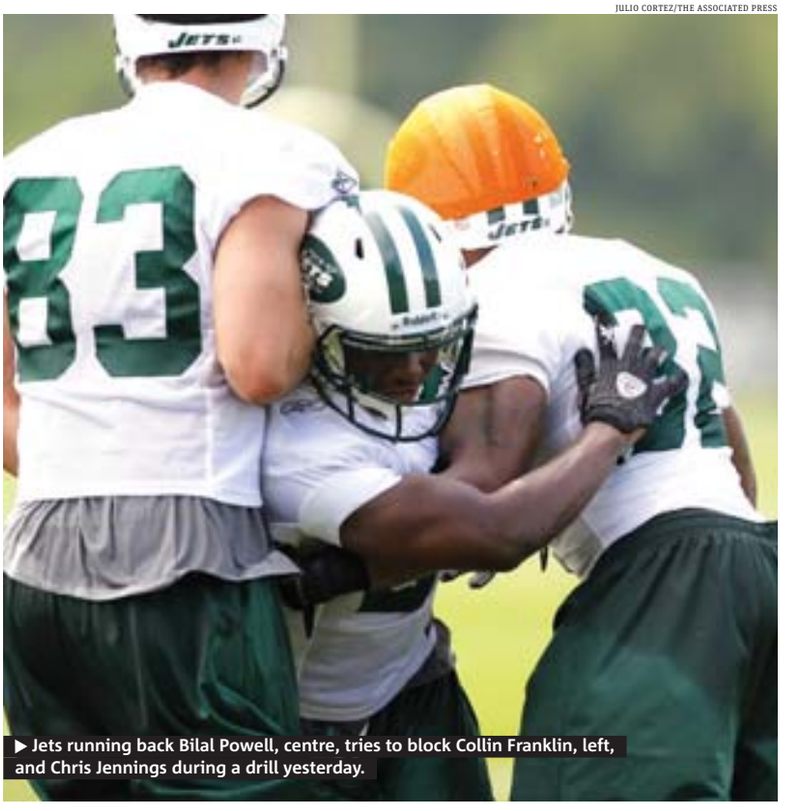
“Part of it is based on what I think our leader is going to do, the strides I see him taking,” Ryan said.

Sanchez, 4-2 in playoff games, all on the road, says he welcomes the responsibility. Of course, what else would he say?

“As a third-year quarterback and team captain, it’s time to step up and convey to them what it means to be a Jet and to play like a Jet,” Sanchez said, mentioning the Yankees’ Derek Jeter as “the best captain you can think of in New York.”

THE ASSOCIATED PRESS

JULIO CORTEZ/THE ASSOCIATED PRESS



▶ Jets running back Bilal Powell, centre, tries to block Collin Franklin, left, and Chris Jennings during a drill yesterday.

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EAST DIVISION

	W	L	Pct	GB
Boston	66	40	.623	—
New York	64	42	.604	2
Tampa Bay	56	51	.523	10½
Toronto	55	53	.509	12
Baltimore	42	63	.400	23½

CENTRAL DIVISION

	W	L	Pct	GB
Detroit	57	51	.528	—
Cleveland	53	52	.505	2½
Chicago	52	54	.491	4
Minnesota	50	58	.463	7
Kansas City	46	62	.426	11

WEST DIVISION

	W	L	Pct	GB
Texas	61	48	.560	—
Los Angeles	59	50	.541	2
Oakland	49	59	.454	11½
Seattle	45	62	.421	15

Last night's results
Cleveland at Boston
N.Y. Yankees at Chicago White Sox
Oakland at Seattle
Sunday's results
Toronto 7 Texas 3
Tampa Bay 8 Seattle 1
Kansas City 5 Cleveland 3
Oakland 7 Minnesota 3
Detroit 3 L.A. Angels 2
N.Y. Yankees 4 Baltimore 2
Boston 5 Chicago White Sox 3
Tonight's games
All times Eastern
Texas (C.Lewis 10-8) at Detroit (Scherzer 11-6), 7:05 p.m.
Cleveland (D.Huff 1-1) at Boston (Beckett 9-4), 7:10 p.m.
Toronto (R.Romero 8-9) at Tampa Bay (Price 9-9), 7:10 p.m.
Baltimore (Simon 2-4) at Kansas City (Chen 5-4), 8:10 p.m.
N.Y. Yankees (P.Hughes 1-3) at Chicago White Sox (Danks 4-8), 8:10 p.m.
Minnesota (Duensing 8-8) at L.A. Angels (E.Santana 6-8), 10:05 p.m.
Oakland (Harden 2-1) at Seattle (F.Hernandez 9-9), 10:10 p.m.

BLUE JAYS STATISTICS

BATTERS	AB	R	H	HR	RBI	AVG
Bautista	340	78	110	31	71	.324
Escobar	377	58	115	9	39	.305
Molina	116	15	35	2	9	.302
Thames	165	27	47	5	22	.285
Lind	323	43	90	19	59	.279
Encarnacion	304	41	82	9	29	.270
Davis	302	42	72	1	27	.238
Snider	174	21	41	3	30	.236
Hill	340	35	79	5	38	.232
McDonald	148	17	33	2	17	.223
Arencibia	293	35	65	17	49	.222
Teahen	119	11	24	3	11	.202
Rasmus	16	1	2	0	2	.125

PITCHERS	W	L	SV	IP	SO	ERA
Mills	0	1	0	7.0	5	2.57
Janssen	3	0	1	31.2	28	2.84
Romero	8	9	0	143.0	126	3.08
Villanueva	6	2	0	95.0	62	3.60
Rauch	4	3	9	44.1	31	4.06
Cecil	4	4	0	64.1	48	4.34
Morrow	8	5	0	112.0	133	4.58
Francisco	1	4	10	32.2	37	4.68
Litsch	4	3	0	47.1	39	4.75
Camp	1	1	1	45.0	20	5.20
Ledezma	0	0	0	2.0	2	9.00
Miller	0	0	0	1.0	1	9.00

NATIONAL LEAGUE

EAST DIVISION

	W	L	Pct	GB
Philadelphia	68	39	.636	—
Atlanta	63	47	.573	6½
New York	55	53	.509	13½
Florida	53	55	.491	15½
Washington	52	56	.481	16½

CENTRAL DIVISION

	W	L	Pct	GB
Milwaukee	60	49	.550	—
St. Louis	57	51	.528	2½
Pittsburgh	54	53	.505	5
Cincinnati	53	55	.491	6½
Chicago	44	65	.404	16
Houston	35	73	.324	24½

WEST DIVISION

	W	L	Pct	GB
San Francisco	61	47	.565	—
Arizona	59	49	.546	2
Colorado	51	57	.472	10
Los Angeles	48	59	.449	12½
San Diego	47	62	.431	14½

Last night's results
Chicago Cubs 5 Pittsburgh 3
Washington 5 Atlanta 3
Florida at N.Y. Mets
Cincinnati at Houston
St. Louis at Milwaukee
Philadelphia at Colorado
L.A. Dodgers at San Diego
Arizona at San Francisco
Sunday's results
Arizona 6 L.A. Dodgers 3
Philadelphia 6 Pittsburgh 5 (10 inn.)
Washington 3 N.Y. Mets 2
Florida 3 Atlanta 1
San Diego 8 Colorado 3
Cincinnati 9 San Francisco 0
Milwaukee 5 Houston 4
Chicago Cubs 6 St. Louis 3
Tonight's games
All times Eastern
Atlanta (D.Lowe 6-9) at Washington (Lannan 7-7), 7:05 p.m.
Chicago Cubs (R.Wells 2-4) at Pittsburgh (Correia 12-8), 7:05 p.m.
Florida (Hand 1-3) at N.Y. Mets (Capuano 9-10), 7:10 p.m.
Cincinnati (H.Bailey 5-5) at Houston (W.Rodriguez 7-7), 8:05 p.m.
St. Louis (J.Garcia 10-5) at Milwaukee (Marcum 10-3), 8:10 p.m.
Philadelphia (K.Kendrick 5-5) at Colorado (A.Cook 2-5), 8:40 p.m.
L.A. Dodgers (Kuroda 6-13) at San Diego (Latos 5-10), 10:05 p.m.
Arizona (D.Hudson 10-7) at San Francisco (Lincecum 9-8), 10:15 p.m.

NL LEADERS

	G	AB	R	H	Avg.
JosReyes NYM	93	410	78	140	.341
Braun Mil	98	360	68	116	.322
DanMurphy NYM	104	376	47	120	.319
Votto Cin	107	398	68	127	.319
Kemp LAD	107	388	64	123	.317
Morse Wash	96	330	46	103	.312
Helton Col	96	322	45	100	.311
Holliday StL	82	290	55	90	.310
Pence Pha	102	408	51	125	.306
McCann Atl	91	333	43	102	.306

Runs—JosReyes, NY, 78; Stubbs, Cin., 72; RWeeks, Mil., 71; JUpton, Arz., 68; Votto, Cin., 68.
RBI—Kemp, LA, 82; Howard, Phi., 81; Fielder, Mil., 76; Tulowitzki, Col., 73; Berkman, StL, 72.
Hits—JosReyes, NY, 140; SCastro, Chi., 133; Bourn, Hou., 130; Votto, Cin., 127; Pence, Phi., 125.
Doubles—Beltran, SF, 30; JUpton, Arz., 30.
Last night's games not included

SUNDAY

BLUE JAYS 7, RANGERS 3

Texas	ab	r	h	bi	Toronto	ab	r	h	bi
EnChvz cf	4	0	0	0	RDavis lf	3	1	1	0
Quntnll 2b	4	0	0	0	Rasms cf	4	1	2	2
JHmltn lf	4	2	2	0	Bautist 3b	2	1	0	0
MiYong 3b	4	1	2	1	Encrnc 1b	3	1	1	2
Napoli dh	4	0	2	2	Teahen ph-1b	1	0	0	0
Morlnd 1b	3	0	0	0	EThms rf	4	0	0	0
Tegrdn c	4	0	1	0	JMolin c	4	1	0	0
DvMrp rf	4	0	2	0	A.Hill 2b	3	1	1	0
ABlanc ss	4	0	0	0	JMcDnl ss	3	0	1	1
Arencii dh	3	1	1	1					
Totals	**35**	**3**	**9**	**3**	**Totals**	**30**	**7**	**7**	**6**
Texas					**000**	**002**	**010**	**3**	
Toronto					**211**	**300**	**00x**	**7**	

E—J.Hamilton (4), A.Blanco (3). DP—Texas 1. LOB—Texas 7, Toronto 2. 2B—J.Hamilton (21), Mi.Young (33), Napoli (15), R.Davis (19), Rasmus (1). HR—Encarnacion (9). SB—Jo.McDonald (2). CS—En.Chavez (3), Jo.McDonald (3).

	IP	H	R	ER	BB	SO
Texas						
C.Wilson L,10-5	3⅓	7	7	5	3	2
Tateyama	1⅓	0	0	0	0	2
Rhodes	1	0	0	0	0	0
Uehara	1	0	0	0	0	2
Feldman	1	0	0	0	0	0
Toronto						
Morrow W,8-5	7	6	2	2	2	11
T.Miller	⅓	1	1	1	0	0
Janssen	⅔	1	0	0	0	0
F.Francisco	1	1	0	0	0	2

WP—C.Wilson 2, Morrow.
T—2:42. A—45,629 (49,260).

AL LEADERS

	G	AB	R	H	Avg.
AdGonzalez Bos	104	429	75	153	.357
MiYoung Tex	107	426	54	143	.336
Kotchman TB	92	313	28	102	.326
Bautista Tor	**97**	**340**	**78**	**110**	**.324**
Ellsbury Bos	105	433	81	139	.321
VMartinez Det	93	344	47	109	.317
JhPeralta Det	97	348	46	110	.316
MiCabrera Det	108	376	73	117	.311
Pedroia Bos	103	414	73	128	.309
YEscobar Tor	**98**	**377**	**58**	**115**	**.305**

Runs—Granderson, New York, 94; Ellsbury, Boston, 81; **Bautista, Toronto, 78;** AdGonzalez, Boston, 75; MiCabrera, Detroit, 73; Pedroia, Boston, 73; Kinsler, Texas, 72.
RBI—AdGonzalez, Boston, 90; Teixeira, New York, 79; Granderson, New York, 78; Beltre, Texas, 76; Konerko, Chicago, 76; Youkilis, Boston, 74; MiYoung, Texas, 73.
Hits—AdGonzalez, Bos., 153; MiYoung, Texas, 143; Ellsbury, Bos., 139; MeCabrera, KC, 137.
Doubles—Zobrist, Tampa Bay, 34; MiYoung, Texas, 33; AdGonzalez, Boston, 32; AGordon, Kansas City, 31.
Triples—Granderson, New York, 8; Bourjos, Los Angeles, 7; AJackson, Detroit, 7; **RDavis, Toronto, 6;** Gardner, New York, 6; Aybar, Los Angeles, 5; Cano, New York, 5; Crisp, Oakland, 5; JWeeks, Oakland, 5; Zobrist, Tampa Bay, 5.
Home Runs—Bautista, Toronto, 31; Teixeira, NY, 29; Granderson, NY, 28; Konerko, Chi., 25; NCruz, Texas, 23; MarReynolds, Baltimore, 23.
Stolen Bases—Crisp, Oakland, 32; Gardner, NY, 32; **RDavis, Toronto, 31;** Ellsbury, Boston, 31; Andrus, Texas, 30; ISuzuki, Seattle, 28; Aybar, Los Angeles, 23; BUpton, Tampa Bay, 23.
Pitching—Verlander, Det., 15-5; Sabathia, NY, 15-5; Weaver, LA, 14-5.
Strikeouts—Verlander, Det., 178; Sabathia, NY, 156; FHernandez, Sea., 153; Shields, TB, 153.
Saves—Valverde, Det., 28; MaRivera, NY, 27.
Last night's games not included

CFL

EAST DIVISION

	GP	W	L	T	PF	PA	Pt
Winnipeg	5	4	1	0	124	94	8
Montreal	5	3	2	0	159	129	6
Hamilton	5	3	2	0	132	112	6
Toronto	5	1	4	0	105	142	2

WEST DIVISION

	GP	W	L	T	PF	PA	Pt
Edmonton	5	5	0	0	153	99	10
Calgary	5	3	2	0	117	117	6
Saskatchewan	5	1	4	0	101	160	2
B.C.	5	0	5	0	126	161	0

WEEK SIX
Thursday's game
All times Eastern
Montreal at **Toronto,** 7:30 p.m.
Friday's games
Edmonton at Winnipeg, 7:30 p.m.
Saskatchewan at B.C., 10:30 p.m.
Saturday's game
Hamilton at Calgary, 9:30 p.m.

SCORING LEADERS

	TD	C	FG	S	Pts
Whyte, Mtl	0	17	13	1	57
Duval, Edm	0	16	11	8	57
Palardy, Wpg	0	9	15	2	56
Medlock, Ham	0	13	12	3	51
McCallum, BC	0	11	12	1	48
E.Johnson, Sask	0	10	9	4	41
Paredes, Cal	0	8	9	3	38
Prefontaine, Tor	0	8	8	0	32
Kackert, Tor	5	0	0	0	30
Stala, Ham	5	0	0	0	30
Stamps, Edm	5	0	0	0	30
Bratton, Mtl	4	0	0	0	24
Edwards, Wpg	4	0	0	0	24
Cates, Sask	3	0	0	0	18
Cornish, Cal	3	0	0	0	18
Foster, BC	3	0	0	0	18
Porter, Edm	3	0	0	0	18
Richardson, Mtl	3	0	0	0	18
Robertson, BC	3	0	0	0	18
C.Williams, Ham	3	0	0	0	18
Barnes, Edm	2	0	0	0	12
Brown, BC	2	0	0	0	12
Cobourne, Ham	2	0	0	0	12
Dressler, Sask	2	0	0	0	12
Durant, Sask	2	0	0	0	12
Green, Mtl	2	0	0	0	12
Jeffers-Harris, Wpg	2	0	0	0	12
Joseph, Edm	2	0	0	0	12
Lemon, Tor	2	0	0	0	12
Messam, Edm	2	0	0	0	12

SOCCER

MLS

EASTERN CONFERENCE

	GP	W	L	T	GF	GA	Pt
Columbus	22	9	6	7	24	20	34
Philadelphia	20	8	5	7	25	18	31
New York	23	6	5	12	37	30	30
Kansas City	21	6	6	9	29	28	27
Houston	22	6	7	9	27	27	27
D.C. United	20	6	6	8	26	30	26
New England	22	4	9	9	20	30	21
Toronto	24	3	11	10	21	43	19
Chicago	20	2	6	12	20	25	18

WESTERN CONFERENCE

	GP	W	L	T	GF	GA	Pt
Los Angeles	23	12	2	9	32	16	45
Dallas	23	12	5	6	30	21	42
Seattle	23	10	5	8	33	26	38
Colorado	24	8	6	10	33	31	34
Real Salt Lake	19	9	4	6	27	14	33
Chivas USA	22	6	8	8	27	24	26
San Jose	22	5	8	9	24	29	24
Portland	20	6	10	4	24	34	22
Vancouver	22	2	11	9	21	34	15

Note: Three points for a win, one for a tie.
Sunday's result
FC Dallas 1 Chivas USA 0
Tomorrow's games
All times Eastern
Real Salt Lake at Kansas City, 8:30 p.m.
Philadelphia at Chicago, 9 p.m.
Los Angeles at Portland, 10:30 p.m.
Friday's game
Columbus at Colorado, 9:30 p.m.
Saturday's games
Houston at Philadelphia, 7 p.m.
Toronto at D.C. United, 7:30 p.m.
Chivas USA at New England, 7:30 p.m.
Seattle at Kansas City, 8:30 p.m.
New York at Real Salt Lake, 9 p.m.
Portland at San Jose, 10:30 p.m.
Dallas at Los Angeles, 10:30 p.m.
Sunday, Aug. 7
Chicago at Vancouver, 7 p.m.

TENNIS

ATP

BET-AT-HOME CUP
At Kitzbuehel, Austria
Singles — First Round
Philipp Kohlschreiber (5), Germany, def. Thomas Muster, Austria, 6-3, 6-0.
Andreas Seppi (6), Italy, def. Denis Istomin, Uzbekistan, 6-2, 6-2.
Pablo Andujar (8), Spain, def. Lukas Rosol, Czech Republic, 3-6, 6-3, 6-3.
Pere Riba, Spain, def. Victor Hanescu, Romania, 7-6 (3), 6-4.
Albert Ramos, Spain, def. Igor Andreev, Russia, 6-0, 6-7 (2), 6-4.
Daniel Gimeno-Traver, Spain, def. Dominic Thiem, Austria, 6-4, 6-2.
Albert Montanes, Spain, def. Javier Marti, Spain, 6-3, 6-2.

LEGG MASON CLASSIC
At Washington
Singles — First Round
Radek Stepanek, Czech Republic, def. Philipp Petzschner, Germany, 6-7 (2), 6-4, 6-0.
Igor Kunitsyn, Russia, def. Gilles Muller, Luxembourg, 6-4, 3-6, 7-6 (5).
Chris Guccione, Australia, def. Alejandro Falla, Colombia, 7-6 (3), 6-3.
Donald Young, U.S., def. Artem Sitak, New Zealand, 6-0, 6-3.
Marinko Matosevic, Australia, def. Richard Berankis, Lithuania, 7-6 (3), 3-6, 6-1.

WTA

MERCURY INSURANCE OPEN
At Carlsbad, Calif.
Singles — First Round
Jill Craybas, U.S., def. **Marie-Eve Pelletier, Repentigny, Que.,** 6-1, 6-1.
Roberta Vinci (9), Italy, def. Bojana Jovanovski, Serbia, 3-6, 6-4, 6-1.
Polona Hercog (16), Slovenia, def. Natalie Grandin, South Africa, 7-6 (1), 2-6, 6-4.
Alexa Glatch, U.S., def. Ekaterina Makarova, Russia, 6-1, 6-2.
Zheng Jie, China, def. Mirjana Lucic, Croatia, 5-7, 6-2, 7-6 (3).
Sofia Arvidsson, Sweden def. Ashley Weinhold, U.S., 6-3, 6-1.
Elena Baltacha, Britain, def. Melanie Oudin, U.S., 6-0, 6-1.
Vera Dushevina, Russia, def. Aravane Rezai, France, 4-6, 6-3, 6-4.
Virginie Razzano, France, def. Lucie Hradecka, Czech Republic, 6-7 (7), 7-6 (5), 6-1.

ACTIVITY

BASEBALL

MLB — Susp. Cleveland RHP Carlos Carrasco 6 games & fined him an undisclosed amount for throwing at K.C. DH Billy Butler during Fri. game.

AMERICAN LEAGUE
BALTIMORE ORIOLES — Optioned LHP Mike Ballard and LHP Pedro Viola to Bowie (EL).
CLEVELAND INDIANS — Purchased the contract of INF Argenis Reyes from New Jersey (Can-Am) and assigned him to Columbus (IL).
KANSAS CITY ROYALS — Placed RHP Kyle Davies on the 15-day DL, retroactive to July 26. Agreed to terms with C Cameron Gallagher & assigned him to the Arizona League Royals.
LOS ANGELES ANGELS — Optioned OF Mike Trout to Arkansas (TL).

NATIONAL LEAGUE
ARIZONA DIAMONDBACKS — Optioned RHP Sam Demel and RHP Ryan Cook to Reno (PCL). Selected the contract of INF Paul Goldschmidt from Mobile (SL).
ATLANTA BRAVES — Placed RHP Scott Linebrink on t he 15-day DL, retroactive to July 30.
PHILADELPHIA PHILLIES — Released RHP Danys Baez.
PITTSBURGH PIRATES — Designated 1B Lyle Overbay for assignment.
WASHINGTON NATIONALS — Released OF/1B Matt Stairs unconditionally.

FOOTBALL

NFL
CAROLINA PANTHERS — Agreed to terms with DT Terrell McClain.
CHICAGO BEARS — Waived P Richmond McGee and DT Sean Murnane.
CLEVELAND BROWNS — Signed DE Jayme Mitchell. Sent undisclosed 2012 draft pick to St. Louis to complete earlier trade for G John Greco.
DENVER BRONCOS — Agreed to terms with DE Derrick Harvey.
K.C. CHIEFS — Signed OT Barry Richardson to restricted free agent tender & LB Brandon Siler.
MIAMI DOLPHINS — Agreed to terms with OT Marc Colombo.
MINNESOTA VIKINGS — Signed OL Charlie Johnson.
NEW ORLEANS SAINTS — Agreed to terms with LB Clint Ingram. Signed G Carl Nicks. Re-signed OT Zach Strief.
N.Y. JETS — Re-signed CB Antonio Cromartie to 4-yr contract. Signed CB Donald Strickland.
PHILADELPHIA EAGLES — Traded DT Brodrick Bunkley to Denver for an undisclosed 2013 draft pick. Waived WR Keith Carlos.
SAN DIEGO CHARGERS — Placed TE Antonio Gates and LB Larry English on the physically-unable-to-perform list.
TAMPA BAY BUCCANEERS — Re-signed LB Adam Hayward to a three-year contract. Released RB Deonte Jackson.

CFL
EDMONTON ESKIMOS — Signed DL Marcus Howard.
WINNIPEG BLUE BOMBERS — Signed LB Dustin Doe to the practice roster.

HOCKEY

NHL
NEW JERSEY DEVILS — Waived D Colin White and RW Trent Hunter.
SAN JOSE SHARKS — Signed D Brent Burns to a five-year contract extension.
VANCOUVER CANUCKS — Named Craig MacTavish coach of Chicago (AHL).

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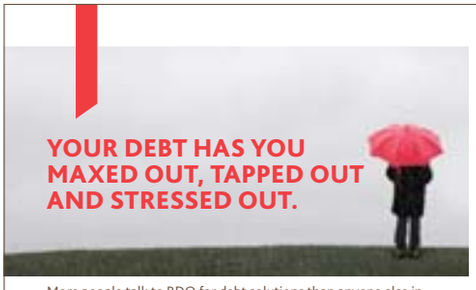

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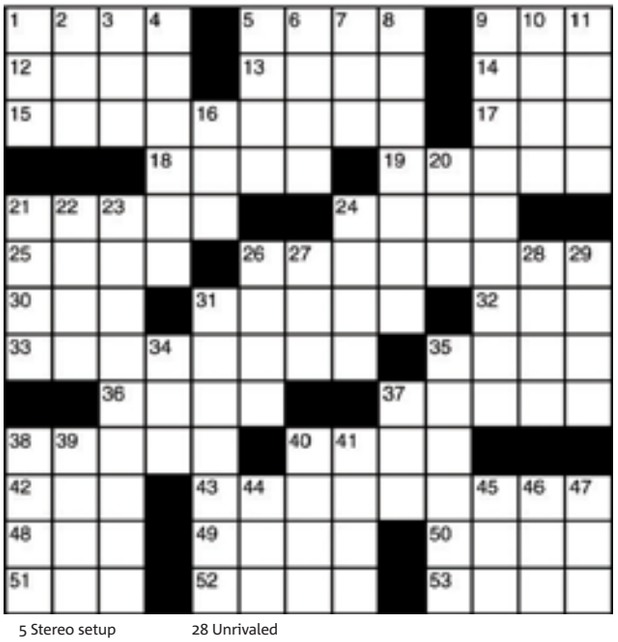

Across

1 Wound reminder
5 Conceal
9 Second-stringer
12 Tittle
13 Press clothing
14 Paid player
15 Named in detail
17 Maestro de Waart
18 Barbra's A Star Is Born co-star
19 Happen
21 Bewildered
24 Fresh kid
25 NYPD rank
26 Go where you shouldn't
30 Eisenhower
31 Cell, e.g.
32 Pirouette pivot
33 Adorn
35 Staff
36 Military group
37 Connected to the Internet
38 Big fracas
40 String instruments
42 Eggs
43 Marking with bits of color
48 Favourite
49 Poi base
50 Unsigned (Abbr.)
51 Away from WSW
52 Ugly duckling, eventually
53 Invitation initialism

Down

1 Family member
2 Police officer
3 Chowed down
4 Din
5 Stereo setup
6 Eye part
7 Fawn's mama
8 Sign the back of a check
9 Bleacherite
10 Pakistani language
11 Loutish sort
16 A Gershwin
20 Upper limit
21 Alkali neutralizer
22 Snatch
23 Guess
24 Part of N.B.
26 What this isn't
27 Deteriorate
28 Unrivaled
29 Burpee wares
31 Church VIPs
34 Inseparable
35 Obelisk, for instance
37 Stir-fry pan
38 Sulk
39 Tied
40 Designer Wang
41 PC picture
44 Dog's foot
45 Office holders
46 Thanksgiving mo.
47 Econ. indicator

▶ Friday's answer

Sudoku

1	4		6		9		2	5
				4				
	5						8	
		8	7		3	6		
9								4
		5	4		1	2		
	2						7	
				3				
3	7		2		4		9	6

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Friday's answer ▶

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You can now post your kiss, and read even more kisses, online at metronews.ca/kiss.

My Blue Gal
Hon, can't stop thinking about you. You got me spellbound n have not left me for a second. Sending you all my love, hugs, kisses n lots of fun. Have a lovely day! Love YOU crazy:)
FROM DJ DANCE WITH ME

Matt
I haven't seen you in 2 days, and I have been thinking about you. How was Johnny Rockets? I hope you had a good time. =0)
FROM R

Ewic
Heeeeeee! I know how much u wuv kissees. Maybe u can shtop kissing me shoo much! I need to get some shweep! Wuv u. When you gonna pick me up? Hehhh?
FROM BOO BEAR

Today's horoscope

For today's crossword answers and for expanded horoscopes, go to metronews.ca

♈ Aries March 21-April 20 Success is all but guaranteed whatever you do but it will be greater if you focus on what you are passionate about.

♉ Taurus April 21-May 21 Give others the freedom you quite rightly expect for yourself — it's only fair.

♊ Gemini May 22-June 21 If you force yourself to stay at home or in the office you will get frustrated and pick fights with family and friends.

♋ Cancer June 22-July 22 Focus on your career and how you can make extra money from your creative talents.

♌ Leo July 23-Aug.23 Treat everyone you meet as a potential friend and before you know it they will be doing most of your work for you.

♍ Virgo Aug. 24- Sept. 22 Change yourself and everything else will change too.

♎ Libra Sept. 23-Oct. 23 Don't worry: your big gamble will pay off.

♏ Scorpio Oct. 24-Nov. 22 The sun in the career area of your chart will bring both opportunities and challenges.

♐ Sagittarius Nov. 23-Dec. 21 Think big, and act big too.

♑ Capricorn Dec. 22-Jan. 20 If you give away too much information about yourself today you will regret it for some time to come.

♒ Aquarius Jan. 21-Feb. 18 You must expect a certain amount of resistance from those you deal with on a one-to-one basis.

♓ Pisces Feb. 19-March 20. You'll have extra reserves of energy, and you're going to need them.

SALLY BROMPTON

Caption contest

JAY DIEM, SALISBURY DAILY TIMES/THE ASSOCIATED PRESS

STEVE PARSONS/THE ASSOCIATED PRESS

WIN!

You write it!

Write a funny caption for the image above and send it to play@metronews.ca — the winning caption will be published in tomorrow's Metro.

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